Homœopathic GUIDE TO HEALTH

PRICE ONE PENNY

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ASHTON & PARSONS, Ltd.,

Manufacturing Homœopathic Chemists,

LUDGATE HILL, LONDON, ENGLAND.

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HOMŒOPATHIC GUIDE TO HEALTH.

THIS small Guide, without attempting to exhaust the subject, affords *short*, *simple* and *plain* directions for the treatment of such common complaints as may be considered to come properly within the range of *Domestic Homœopathy*.

The compiler does not advocate the self-treatment of any disorder of a serious nature, provided professional assistance can possibly be obtained, nor does he recommend perseverance in the treatment of even simple complaints if improvement does not take place within a reasonable time.

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THE ADVANTAGES OF HOMŒOPATHY.

The advantages of Homœopathy are manifold.

To the patient they include—

First.—The Banishment of Nauseous Drugs, and Painful and Debilitating Applications.

Secondly.—Greatly increased Efficacy and Success.

Thirdly.—Protection against Epidemic Diseases.

Fourthly.—Deliverance from Medicinal Diseases and Destructive Consequences of other Methods of Treatment.

Fifthly.—Its Cheapness.

Sixthly.—Self-Treatment of Most Common Complaints.

Seventhly.—The Portability of the Medicines.

The advantage to the Physician include—

First.—The Emancipation of his Mind from Doubt and Confusion.

Secondly.—The Provision of a Guide.

Thirdly.—The Simplicity of the Means.

ASHTON & PARSONS call attention to the necessity of insisting on having the Genuine Medicines made by them, and refusing any inferior articles offered from interested motives.

HOMŒOPATHY EXPLAINED.

Read, not to contradict and confute, nor to believe and take for granted, nor to find talk and discourse, but to weigh and consider.—LORD BACON.

WHAT HOMŒOPATHY IS.

So large a section of the public believe that *HOMŒOPATHY* means an **infinitesimal dose,** that a few words explaining what Homœopathy is may be interesting. The word Homœopathy is composed of two Greek words signifying " like suffering " or " like disease," and is intended to express the treatment of disease by the law of **Similars**; that is to say, to cure a disease by comparatively small doses of a drug—how small is a matter of experience—which, if given in massive doses to a person in perfect health, would produce symptoms in all respect similar (but not identical) with the disease.

This is, perhaps, best illustrated by familiar examples:—Twenty grains of Ipecacuanha will make a healthy person sick, and the Twentieth part of a grain, or even much less, may be sufficient to cure a similar sickness. Twenty grains, or more, of Rhubarb will act as a purgative, and one grain may cure a similar Diarrhœa. Two grains of Arsenic or Corrosive Sublimate may bring on fatal inflammation of the Stomach or Bowels, and the thousandth, or ten thousandth part of a grain, may be sufficient to cure—not the inflammation brought on by Arsenic or Corrosive Sublimate—but a similar inflammation brought on by other causes. One instance more:—Belladonna, when swallowed as a poison, produces a Scarlet Rash, a Sore Throat, Fever, Headache, etc., all of which symptoms appear in Scarlet Fever. Belladonna, as was first discovered by Hahnemann (the illustrious

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founder of Homœopathy), not only generally cures, but often preserves from this disease. **Belladonna does not produce Scarlet Fever, but it does produce symptoms similar to those of Scarlet Fever**; and here it may be well to illustrate the difference between **similar** and **same.** If a man is fatigued with a long walk, Homœopaths do not recommend a short walk to do him good, but prescribe a remedy—Arnica, for instance—which possesses the property of producing **similar** symptoms of fatigue. This is the law of Similars as exemplified in *HOMŒOPATHY.*

Homœopathy, therefore, is a guide in the choice of a medicine, but not of the dose. The dose is a matter of experience, for all doses have their advocates. The one thing essential to its principles, is, that medicines be given in doses too small to produce their physiological effects. In other words, the dose must not be large enough to set up a drug disease.

Homœopathy is not a system of diet. The homœopath knows well, that although diet will not cure disease, improper diet will often aggravate disease, and interfere with, or antidote, the effects of the properly-selected homœopathic remedy; and consequently sometimes prohibits certain articles of food and drink to patients while under treatment. Attention to diet is not now so rigidly enforced as it was in the days when globules and the higher attenuations of medicines only were given, and with the exception of coffee, and indigestible food generally, few things (except in special cases) need be avoided. The success attending the homœopathic treatment of the disorders of infants and very young children, and the readiness with which the diseases of the horse, cow, sheep, and dog yield to remedies administered according to the law of *similars*, conclusively prove that faith or imagination do not effect the cures claimed by Homœopathy.

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HOMŒOPATHIC GUIDE TO HEALTH.

THE PULSE.

The Pulse in health may be described as uniform, equal, moderately full, and swelling slowly under the fingers. It is retarded by cold, sleep, fatigue, want of food, and quickened by exertion or excitement. The average number of beats of the healthy pulse in the minute is as follows:

Infancy, 120 to 130. Childhood, 100.
Youth, 90. Adult, 75.
Old age, 65 to 70.

THE TONGUE.

Dryness of the tongue is common in acute and febrile diseases, moisture is generally favourable, especially succeeding a dry or furred condition. A yellow coated tongue indicates disordered action of the liver. Brown or black, a low state of the vital powers and blood contamination. Cleaning of the tongue gradually from the tip and edges shows a tendency to a healthier condition.

THE TEMPERATURE.

A reliable Clinical (bed-side) Thermometer can be obtained from any good local Chemist or Optician. Dollonds' Thermometers are usually considered to be the most reliable.

98.4° Fahr. or a few tenths more or less is the norma heat of the human body in temperate regions. A persistent rising above 99.5° or a depression below 97.3° are signs of some kind of disease. To "take a temperature" place the bulb of the Thermometer under the tongue, keeping the lips closed

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around the stem for about three minutes. In the case of Infants it can be placed under the arm-pit. Both before and after using see that the mercury is carefully shaken down.

The warm bath (92 to 98° Fahr) and the hot bath (98 to 112° Fahr.) are of great value in many affections. The temperature of other baths may be classified as follows :

Tepid 85 to 92°	Temperate 75 to 85°
Cool 65 to 75°	Cold 33 to 65°

CONTAGIOUS AND ERUPTIVE DISEASES.

It is useful to know how long after a child has been exposed to a contagious disease there is danger that the disease has been contracted. The following table also gives the latent or *incubative period*, that is, the time from the reception of the disease and the occurrence of symptoms, and other information.

Disease.	Symptoms usually appear	Period of Incubation	Patient is infectious.
Chicken-pox ..	within 14 days	10-18 days	Until all scabs have fallen off.
Diphtheria ..	,, 2 ,,	2-5 ,,	14 days after disappearance of membrane.
Measles ..	,, 14 ,,	10-14 ,,	*Until scaling and cough have ceased.
Mumps ..	,,10–22 ,,	16-24 ,,	14 days from commencement.
German Measles	,, 14 ,,	12-20 ,,	10-14 days from commencement.
Scarlet Fever	,, 4 ,,	1-7 ,,	Until all scaling has ceased.
Typhoid Fever	,, 11 ,,	1-28 ,,	Until diarrhœa ceases.
Whooping Cough ..	,, 14 ,,	7-14 ,,	†Six weeks from beginning to whoop.

* In Measles the patient is infectious three days before the eruption appears.

† In Whooping Cough the patient is infectious during the primary cough, which may be three weeks before the whooping begins.

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HOW TO ADMINISTER THE DOSE.

Note.—The doses prescribed in the following pages are those that have been found most effective in the course of a long experience, and should not be exceeded, in acute cases the dose may be administered more frequently.

Pilules may be allowed to dissolve slowly upon the tongue, but in the case of infants and very young children, it is best to crush them between clean white paper with the handle of a knife, and place the dose upon the patient's tongue. When half a Pilule is prescribed, a Pilule may be crushed, and half of it placed upon the tongue, or a Pilule may be dissolved in two tea-spoonfuls of water, and one tea-spoonful given for a dose.

Tinctures should be given in water. The quantity of water to be employed for an infant is a tea-spoonful, for a child of seven years a dessert-spoonful, for a child of fourteen years a table-spoonful, and for an adult half a wine-glassful. Under circumstances where it may be very inconvenient to use water as a vehicle, the dose may be administered upon a small piece of sugar. When a quarter of a drop of tincture is prescribed, one drop is to be mixed with four tea-spoonfuls of water, and one tea-spoonful given for a dose. In the same way half a drop may be administered by mixing one drop with two tea-spoonfuls of water and giving one tea-spoonful for a dose.

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AVERAGE SCALE OF DOSES.

An Adult ..	Three Pilules. Four or five drops of Tincture of the potency 1x, 3x, or 3. Three drops of (mother) ϕ Tincture.
Fourteen Years ..	Two Pilules. Three drops of Tincture of the potency 1x, 3x, or 3. Two drops of (mother) ϕ Tincture.
Seven Years	One Pilule. Two drops of Tincture of the potency 1x, 3x, or 3. One drop of (mother) ϕ Tincture.
An Infant ..	Half a Pilule. Half a drop of Tincture of the potency 1x, 3x, or 3. Quarter drop of (mother) ϕ Tincture.

Repeat the dose every three or four hours unless otherwise directed, in acute cases the dose may be administered more frequently.

The dose is generally administered half an hour or more before meals, and at rising and bedtime.

Homœopathic Medicines by Ashton and Parsons are fully labelled with their doses for all ages.

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A selection of the most useful remedies, with their appropriate strengths. Those printed in large type are in more common request. Other remedies not included can always be obtained.

PILULES.

Acid Nitric. 3
Ac. Phosphoric. 3
Aconitum N. 1x
Æsculus Hip. ϕ
Antimonium T. 3x
Apis Mel. 1c
Arnica Mont. ϕ
Arsenicum Alb. 3x
Baptisia T. ϕ
Belladonna 1x
Bryonia Alb. ϕ
Cactus Grand. ϕ
Calcarea Carb. 4
Cantharis 1c
CarboVegetabilis 4
Chamomilla ϕ
China Off. ϕ
Cimicifuga R. ϕ
Cina Anthel. ϕ
Cocculus 1x
Coffea Crud. ϕ
Colocynth. ϕ
Cuprum Met. 4
Digitalis P 1x
Drosera ϕ
Dulcamara 1x
Filix Mas. ϕ
Gelseminum S 1x
Glonoine 3
Hamamelis V. ϕ
Hepar Sulph. 4
Hydrastis C. ϕ
Hyoscyamus 1x
Ignatia Amara 1x
Ipecacuanha ϕ
Kali Bichrom. 3x
Lachesis 6
Lycopodium ϕ
Mercurius Cor. 3x
Mercurius Sol. 4
Mercurius Viv. 4
Nux Vomica 1x
Petroleum 1x
Phosphorus ϕ (Fort)
Phytolacca D. ϕ
Podophyllum ϕ
Pulsatilla ϕ
Rhus Tox. ϕ
Sepia 4
Silicea 4
Spongia ϕ
Sulphur ϕ
Veratrum Alb. 1x

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TINCTURES.

Acid Nitric. 1c	**Cina Anthel.** ϕ	Lachesis 6
Ac. Phosphoric. 1x	Cocculus 1x	Lycopodium ϕ
Aconitum N. 1c	Coffea Crud. ϕ	Mercurius Cor. 2c
Æsculus Hip. ϕ	Colocynth. ϕ	Mercurius Sol. 4
Antimonium T. 3x	Cuprum Met. 4	**Mercurius Viv.** 4
Apis Mel. 1c	Digitalis P. 1x	**Nux Vomica** 1x
Arnica Mont. ϕ	Drosera ϕ	Petroleum 1x
Arsenicum Alb. 2c	**Dulcamara** 1x	Phosphorus 1x
Baptisia T. ϕ	Filix Mas. ϕ	Phytolacca D. ϕ
Belladonna 1x	Gelseminum S. 1x	**Podophyllum** ϕ
Bryonia Alb. ϕ	Glonoine 3	**Pulsatilla** ϕ
Cactus Grand. ϕ	Hamamelis V. ϕ	**Rhus Tox.** ϕ
Calcarea Carb. 4	**Hepar Sulph.** 4	Sepia 4
Cantharis 1c	Hydrastis C. ϕ	Silicea 4
Carbo Vegetabilis 4	Hyoscyamus 1x	Spongia ϕ
Chamomilla ϕ	Ignatia Amara 1x	**Sulphur** ϕ
China Off. ϕ	**Ipecacuanha** ϕ	Veratrum Alb. 1x
Cimicifuga R. ϕ	Kali Bichrom. 3x	

Tincture of Camphor (Dr. Rubini) and Camphor Pilules (Dr. Rubini).

EXTERNAL REMEDIES *See pages* 11, 12

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EXTERNAL TINCTURES.

Employed in making Lotions, etc.

Arnica (*Arnica Montana*) is prescribed homœopathically as a Lotion,* etc., in cases of Injuries when the Skin is unbroken :—Bruises, Contusions, Sprains, Strains, Tender Feet, Over-fatigue, etc., and in its undiluted form to Corns and Bunions. (*See also Hamamelis*).

Calendula (*Calendula Officinalis*) is prescribed homœopathically as a Lotion,* etc., in cases of Cuts, Torn Wounds, Abrasions, Boils, and Open Sores.

Hamamelis (*Hamamelis Virginica*) is similar in some of its characteristics and uses to Arnica, and is substituted for Arnica when there is a tendency to Erysipelas. It is prescribed homœopathically as a Lotion,* etc., in cases of Piles, Varicose Veins, Fistulas, Prolapsus, Carbuncles, and Boils.

Ledum (*Ledum Palustre*) is prescribed homœopathically as a Lotion,* etc., in cases of Bites of Cats or Dogs, Bites or Stings of Insects, such as Mosquitoes, Gnats, Wasps, Bees, Bugs, etc.

Rhus Tox (*Rhus Toxicodendron*) is prescribed homœopathically as a Lotion,* etc., in cases of Deep-seated Sprains, Injuries to the Tendons or Joints, Rheumatism, Lumbago, Sciatica, Paralysis, etc.

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* The Lotion is made by adding 10 drops of the Tincture to a tablespoonful of water. Where a stronger lotion is required, 30 drops can be added to a tablespoonful of water.

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EXTERNAL TINCTURES—*continued.*

Ruta (*Ruta Graveolens*) is prescribed homœopathically as a Lotion,* etc., in cases of Mechanical Injury to the Wrist and Ankle Joints, Lumbago, Bed Sores, when Ulceration takes place, In-growing of the Toe-nail, and Bruises of the Nails generally, and in Contusions of the Bones.

Tamus (*Tamus Communis*) is prescribed homœopathically, usually in its undiluted form, as an application to Unbroken Chilblains.

Thuya (*Thuya Occidentalis*) is prescribed homœopathically, always in its undiluted form, as an application to Warts.

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* The Lotion is made by adding 10 drops of the Tincture to a tablespoonful of water. Where a stronger lotion is required, 30 drops can be added to a tablespoonful of water.

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TREATMENT OF COMMON COMPLAINTS.

ABSCESSES.

Are usually indicative of constitutional debility, although they may result from blows.

Abscesses are treated homœopathically by

Belladonna.—Pilules or Tincture—every three hours for inflammatory symptoms.
Dose : see page 8.

By **Hepar Sulph.**—Pilules or Tincture—every two or three hours when suppuration commences.
Dose : see page 8.

Hamamelis Cerate (price in Great Britain 1/1½ per jar) should be applied after suppuration ceases.

Phosferine can be taken with much advantage after the abscess is healed, to strengthen the constitution, *see pages* 137—140.

Poultices are of great value to assist suppuration, *see page* 104.

ACCIDENTS.

See pages 93—103.

ACIDITY.

The rising of sour fluid into the mouth an hour or two after food is a symptom of Indigestion, and is treated homœopathically by

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Calcarea Carb.—Pilules or Tincture—night and morning.

Dose : see page 8.

A little Lemon Juice in a small quantity of water half an hour or an hour after meals may also be taken with considerable advantage.

Carbonate of Soda and such like Alkaline Palliatives do harm.

Consult also the Article on Indigestion *pages* 55—57.

AGUE (Malaria).

Ague is very prevalent in marshy or undrained districts, the exhalations from the surface of the ground being the exciting cause. In this disease there are paroxysms of fever with three distinctive stages, a cold, a hot, and a sweating stage. There may be premonitory symptoms of general uneasiness, headache, stupor, pains in the limbs or back, the toes and fingers becoming numb and the nails blue, or an attack may set in suddenly.

TREATMENT.

Phosferine is of great efficacy in fevers which arise from marsh miasm, a dose of 5 drops should be given every two hours during the cold stage.

See Phosferine, pages 137—140.

Ague is treated homœopathically also by

China.—Pilules or Tincture—when the chill is very severe, or there is complete want of appetite.

Dose : see page 8.

By **Nux Vomica** and **Ipecacuanha.**—Pilules or Tinctures—when gastric disturbance is predominant, severe fever pains in the head with sensation of stiffness. A dose of Ipecacuanha repeated in three hours, followed

by a dose of Nux Vomica also repeated in three hours, and so on.

Doses : see page 8.

By **Arsenicum and Ipecacuanha.**—Pilules or Tinctures —when the fits are preceded by langour, weariness, prostration, and when there is shivering conjoined with heat, constricted chest with oppression, small feeble pulse. A dose of Arsenicum repeated in three hours, followed by a dose of Ipecacuanha also repeated in three hours, and so on.

Doses : see page 8.

Phosferine is valuable taken as a preventive when malarious fevers prevail, a dose of 5 to 8 drops should be taken twice or thrice daily.

Predisposing causes of Ague are, fatigue, insufficient or improper diet, exposure to night air, exhaustion, intemperance, which needless to say should be studiously avoided. Ague is also frequently recurrent in the same individual.

ANÆMIA.

The symptoms of Anæmia vary and are misleading, as in many cases the lips and cheeks are pale, whilst in others they are quite a natural colour. If anæmia is present, the gums and insides of the eyelids will have a yellow appearance, and the tongue will be puffy and pale, plainly showing where the teeth have indented it.

Headaches, sickness, lassitude, shortness of breath, eruption of the skin, weakness and wasting, and palpitation accompany different stages of anæmia, and the appetite becomes very poor. The circulation is weak, and there is a puffiness about the face, legs and ankles, and the hands easily "chap."

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To remedy, a steady course of **Phosferine** should be taken in five to eight drop doses in a tablespoonful of water, three times a day, and half-an-hour before meals.

See Phosferine, pages 137—140.

Anæmia is treated homœopathically also by

China.—Pilules or Tincture—when arising from loss of animal fluids.

Dose : see page 8.

By **Pulsatilla.**—Pilules or Tincture—when there is scanty or suppressed menstruation.

Dose : see page 8.

By **Ferrum.**—Pilules or Tincture—when caused through deficient open-air exercise and sunlight.

Dose : see page 8.

Fresh air, exercise, nourishing food, nine hours' sleep, and well ventilated living and work rooms are rules which should be carefully observed.

ACNE.

See Pimples, page 71.

APHTHÆ OF THE MOUTH.

See Thrush, page 84.

APPETITE, Capricious.

This is, particularly in children, an indication of the presence of worms. *See pages* 91, 92.

APPETITE, Loss of.

Loss of Appetite is a common symptom in most diseases, and then comes under the general treatment

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of such diseases. Frequently, however, it occurs as an isolated affection and is present without apparent cause. The indications then are to give tone to the digestive organs. This is best done by

Phosferine three times a day, half an hour before meals.

Dose : see Phosferine, pages 137—140.

Diet to be plain ; Alcoholic stimulants to be avoided.

Outdoor exercise, and sponging of the chest, stomach and belly with cold water, afterwards using dry friction with a rough towel or horse-hair gloves, are valuable adjuncts.

ASTHMA.

This affection appears in Paroxysms of difficult breathing, tightness of the chest, with wheezing, spasmodic cough and a sense of suffocation, rattling in windpipe, shivering or coldness, and sickness.

The constitution is often debilitated and the attacks are aggravated by movement.

The patient must sit up to breathe, as lying down aggravates all the symptoms.

Asthma is treated homœopathically by

Arsenicum.—Pilules or Tincture—every three hours for debilitated constitutions when attacks are aggravated by movement, with spasmodic tightness of chest, etc.

Dose : see page 8.

By **Ipecacuanha.**—Pilules or Tincture—every two or three hours, when there is rattling in windpipe, shivering or coldness, and sickness.

Dose : see page 8.

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Sanacine will be found useful either taken by itself or in conjunction with the above remedies.
Dose : see page 146.

BALDNESS (Falling Off of the Hair).

A condition that is often largely due to general weakness or constitutional debility, it is also frequently a sequel of acute diseases, fevers especially. Early loss of the hair is sometimes caused by disease of the hair bulbs, or is constitutional and hereditary.

TREATMENT.

Phosferine (*page* 139) taken in eight drop doses night and morning in conjunction with the application of a good hair application will be found of very material assistance, both in strengthening and beautifying the hair and encouraging a new growth.

The tonic properties of this quite harmless medicament are unique, and apart from its beneficial action on the hair, **Phosferine** will be found invaluable as a general fortifier and restorative.

BED SORES.

These sores usually appear on the hips, and add much to the patient's suffering.

When long confinement to bed is expected, and especially if the patient has no strength to shift his posture occasionally, the back and hips should be frequently washed with soap and water, so that they may not be irritated by want of cleanliness or by the contact of urine, then tenderly dried, and afterwards bathed with Eau de Cologne or strong spirits to harden the skin and enable it to bear pressure better.

The patient should be assisted to change his position often, or occasionally lie on his side or face.

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An inflated air cushion, hollow in the middle, and arranged so as to take off as much weight as possible from the part affected, gives much comfort.

TREATMENT.

When the parts are red, sore, or ulcerated, apply **Hamamelis Cerate** (price in Great Britain 1/1½ per jar).

A Poultice (*see page* 104) with a little of the **Cerate** upon its surface is sometimes of great benefit.

BILIOUSNESS OR BILE.

Tincture of Podophyllum exerts a direct beneficial influence in bilious derangements, and seldom fails to afford speedy relief.

Dose : Five drops in a tablespoonful of water every two or three hours until relief is obtained, then less frequently.

Patients of fourteen years, two drops for a dose ; of seven, one drop ; an infant, half a drop.

Biliousness is treated also by

Nux Vomica.—Pilules or Tincture—every three hours, when the attack has been brought on by indulgence in wines or spirits, and especially when constipation is present.

Dose : see page 8.

Diet for a few days following a bilious attack to be light and simple ; taken frequently, but in small quantities.

Bitter ale, stout, pastry, and fat food to be carefully avoided by bilious subjects.

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BOILS.

Boils are small, round, or rather cone-shaped inflamed tumours of a deep red colour, attended with acute pain and tenderness. Sometimes they slowly subside and disappear without suppurating (blind boils), but usually they terminate with the discharge of matter mixed with blood, and the emission of a rounded hard mass, called a "core."

Boils occur in all habits of body, but are generally associated with a debilitated condition of the system, and indicate a constitutional state which should be eradicated, because while it remains there is always liability of attack from more serious diseases.

Boils are treated homœopathically by

Belladonna and Phytolacca.—Tinctures—every three hours alternately, when they are hot, shining, red and painful.

Doses : see page 8.

By **Hepar Sulph.**—Tincture—every three hours, when the pain assumes a throbbing, fluctuating character, or when the boil does not readily come to a head.

Dose : see page 8.

As soon as the boils begin to heal **Phosferine** (*pages* 137—140) should be taken night and morning for a week or two to restore the system and prevent a recurrence

EXTERNAL TREATMENT.

Hamamelis Cerate (price in Great Britain 1/1½ per jar), spread upon lint or soft linen, and renewed night and morning, or more often if necessary.

This ointment is a grateful application to boils in any stage, and is especially so after they have broken of their own accord, or been opened by the lancet.

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It very much assists the healing process, and prevents the formation of prominent scars.

POULTICING.

When a boil has come to a head, and is ready to break, but cannot, owing either to the tension or the thickness of the skin, warm bread and water poultices, or linseed meal poultices (*see page* 104) frequently renewed, often give much relief.

Too much poulticing, however, produces pimples, which may become fresh boils.

When, after poulticing for a few hours, the boil remains unbroken and very acute, with much pain and fever, it should be opened by a clean cut with a sharp lancet, then gently sponged with tepid water, and dressed with **Hamamelis Cerate.** The cut must be made deep enough to let out the matter freely without pressing.

Diet to be light, nourishing and easy of digestion.

High living, highly seasoned dishes, stimulants, and depressing influences to be avoided.

In all cases plenty of fresh air to be enjoyed.

Change of air in obstinate cases.

BRAIN-FAG.

This very distressing affliction generally makes itself known by a sudden inability to perform brain work, or think connectedly for the same length of time as hitherto. It becomes impossible to concentrate one's attention, and a marked peevishness follows every effort to "reason things out." The nervous system is too exhausted to stimulate the production of energy required for bodily functions, and consequently the brain tissues are insufficiently nourished.

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To prevent a breakdown the brain should be given a rest without loss of time, lighter and quite different occupation undertaken, and the overstrained nerve forces nursed back to health with a course of **Phosferine.** The tonic must be administered in five to eight drops in a tablespoonful of water upon rising, and at noon, and an hour or two before bedtime, and not less than half-an-hour before meals.

See Phosferine, pages 137—140.

Brain-Fag is treated homœopathically also by

Ignatia—Pilules or Tincture—where nervousness or sleeplessness are marked symptoms.

Dose : see page 8.

By **Phosphorus.**—Pilules or Tincture—when there is nervous prostration.

Dose : see page 8.

By **Aconite.**—Pilules or Tincture—when accompanied by feverishness or restlessness.

Dose : see page 8.

BREATH, Offensive.

An offensive condition of the breath commonly arises from certain forms of indigestion, from decayed teeth and from want of proper attention to the cleanliness of them. It may also arise from worms, spongy gums, ulcers in the mouth, disease of the mucous membrane of the nose, and a vitiated or bad condition of the body.

Offensive Breath is treated homœopathically by

Nux Vomica.—Pilules or Tincture—half an hour before each meal, when the stomach is weak.

Dose : see page 8.

By **Podophyllum.**—Tincture—three times a day, if the liver is inactive.

Dose : see page 8.

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By **Mercurius V.**—Pilules or Tincture—night and morning, when it arises from decayed teeth.
Dose : see page 8.

By **Phosferine** (*pages* 137—140) morning, noon and night, when caused by decayed teeth ; and night and morning with either of the preceding medicines indicated ; in the middle of the day, when there is a vitiated constitution or bad habit of body.

ACCESSORY TREATMENT.

A weak lotion of **Permanganate of Potash** three or four times a day as a mouth wash, when the teeth are decayed, the gums spongy, or there are ulcers in the mouth ; and as a lotion to the nostrils by means of a syringe, when the odour comes from the nose.

BRONCHITIS.

An inflammation of the mucous membrane of the bronchial tubes.

Commences with feverish symptoms, headache, and weariness ; these are followed by oppression of the chest, and anxious hurried breathing ; cough is at first hard and dry, then accompanied by discharges of frothy expectoration, sometimes streaked with blood, which afterwards changes to a thick yellowish substance; there are pains in the forehead and eyes ; the pulse is weak and frequent.

This is treated by **Sanacine,** an important remedy exercising a most beneficial action upon the bronchial tubes and mucous membranes.
Dose : see pages 145, 146.

Bronchitis is treated homœopathically also by

Aconite.—Pilules or Tincture—given at the commencement especially if there be much fever present.
Dose : see page 8.

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By **Antimonium Tart.**—Pilules or Tincture—when there is a great accumulation of phlegm, with difficulty of expectoration and sickness.

Dose : see page 8.

By **Kali Bichrom.**—Pilules or Tincture—when phlegm is tenacious and stringy, or blood-streaked.

Dose : see page 8.

By **Bryonia.**—Pilules or Tincture—when much pain in chest when coughing ; not much expectoration.

Dose : see page 8.

BUNIONS.

See Corns and Bunions, page 33.

CHAPPED HANDS.

Inflammation of the skin of the back of the hands, giving rise to much inconvenience and pain. Occurring in frosty weather or caused by exposure to cold winds.

The most effective treatment for Chapped Hands is to rub them well every night with Glycerine or Glycerine Jelly, these useful preparations can be obtained from any local chemist.

CHANGE OF LIFE.

Change of life, which mostly occurs at from thirty-seven to forty-five years of age, is usually attended with various disturbances of the system, and calls for the administration, homœopathically, of

Cimicifuga.—Pilules or Tincture—when there is menstrual headache, sinking at the stomach, delayed menstruation, etc.

Dose : see page 8.

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By **Pulsatilla.**—Pilules or Tincture—when there is irregular, suppressed, painful or difficult menstruation, heartburn, biliousness.

Dose : see page 8.

The two remedies can be taken in alternation every three or four hours with advantage.

CHICKEN POX.

Chicken Pox is an eruptive and infectious disease, having a considerable similarity to Small Pox, but it is in no way allied to it, being of shorter duration and much milder.

The symptoms usually appear about thirteen days after infection and begin with a slight fever, followed in a day by the appearance of vesicles or blisters filled with watery fluid. In the course of three or four days the vesicles dry up, forming scabs, which fall off a few days later.

The disease is usually of such a mild character that little in the way of treatment is required. If there be much fever, the patient should be confined to bed.

Chicken Pox is treated homœopathically by

Rhus Tox.—Pilules or Tincture—this remedy should be given at the commencement and through the various stages.

Dose : see page 8.

By **Aconite.**—Pilules or Tincture—in alternation at occasional intervals with Rhus, when there are feverish symptoms.

Dose : see page 8.

CHILBLAINS.

Unbroken chilblains are treated homœopathically by being painted night and morning with Tincture of **Tamus Communis** (*page* 12).

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Broken chilblains by the application of **Hamamelis Cerate** (price in Great Britain, 1/1½ per jar) spread upon lint or soft linen, changed night and morning.

CLERGYMAN'S SORE THROAT.

This is the popular name given to the sore throat to which clergymen, barristers, public speakers, singers, and others who have long continued employment of the voice are liable.

It is treated homœopathically by

Belladonna and Kali Bich.—Pilules or Tinctures—every two or three hours alternately when the uvula is relaxed, the palate inflamed, or irritation, smarting and tingling in the throat are present.

Doses : see page 8.

By **Carbo Veg and Phytolacca.**—Pilules or Tinctures—every two hours alternately, when there is violent scraping in the throat, roughness of the voice, general dryness and constant hawking up of mucus.

Doses : see page 8.

Sanacine is valuable in this distressing affection, it is useful in strengthening the lining of the throat and allaying the irritation and inflammation that is usually present.

Dose : see pages 145, 146.

Rev. J. ADAMS, M.A.

Writes :—" Sanacine Tablets have been very beneficial to me. They dispel that *soreness of throat*, huskiness or hoarseness, which is more troublesome and distressing to a clergyman than to most people."—Mayfield House, Mayfield Road, Dalston, N.E.

Consult also the articles, Sore Throat, and Hoarseness.

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COLDS.

The most prolific cause of disease is **Taking Cold.** Alone it gives rise to more than half the maladies which afflict the human race. It is a condition which above all others demands *early* attention, because the neglect of the first slight symptoms is frequently followed by serious throat and chest diseases, and many painful disorders. However slight a cold may appear, it never should be allowed to " get well itself," but everything should be done to help it away ; nor should exposure to damp, cold air, or any other of the *causes* of taking cold be allowed to pass by unheeded.

Colds are the result of breathing impure air, exposure to draughts, the wearing of damp clothing, damp or thin boots, poor nourishment, bad circulation and cold extremities.

Cold in the Head.

Is due to inflammation of the mucous membrane which lines the air passages between the nostrils and throat. The head feels swollen and heavy, scalp seems sore to the touch, the nose is closed with congested mucus, and the eyes ache and smart ; there is also deafness, a constant " shivery " feeling, varied by sudden flushes of heat, and a marked disinclination for mental exertion. The lips are swollen, dry, cracked and " burn," and the tongue has a white coating. Nasal catarrh, toothache, mumps and gumboils often accompany head colds.

TREATMENT.

Immediately a cold—either in the head or on the chest—is contracted or suspected, recourse should be had to

SANACINE.

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The most violent, obstinate and distressing cold rapidly yields to the remedial influence of this remedy.

Sanacine should be taken in a little water, two or three times a day, at equal intervals either before or after meals. A dose at bedtime, either in warm water or hot gruel, will be found especially beneficial. When taken in *warm* water it is advisable not to go out of doors immediately.

Dose : An Adult, 10 drops. 14 years, 5 drops. 7 years, 3 drops. 3 years, 2 drops.

This remedy is also prepared in the convenient form of Tablets, which may be substituted for the liquid if preferred, or taken in conjunction with it. *See page* 146.

Cold in the head is treated homœopathically also, by

Aconite and Arsenicum.—Pilules or Tinctures—every two hours alternately, until six doses of each have been taken, then by

Nux Vomica and Arsenicum.—Pilules or Tinctures—every three or four hours alternately, as long as required.

Doses : see page 8.

Cold on the Chest.

A cold on the chest can generally be traced to damp or wet, draughts of cold air, unsuitable clothing, or becoming over-heated. The symptoms are tightness of the chest, with soreness, wheezing cough, discharge of phlegm, oppressed and hurried breathing, cough with expectoration, etc.

Chest colds are generally so described because the pain and physical discomfort is always very pronounced in the region of the chest. In Bronchitis there is a tightness across the chest, a stiffness and soreness

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near the armpits and over the ribs, a choky and tickling sensation of the throat, difficulty in breathing and violent coughing. In Asthma there is a similar tightness of the chest, difficulty of breathing, and frequent painful contractions of the chest muscles. Both Bronchitis and Asthma are usually accompanied by a series of short coughs with a whistling sound.

TREATMENT.

Sanacine clears away the congested phlegm, and speedily allays irritation, and inflammation of the respiratory organs, so that, after a dose or two, breathing becomes quite easy and normal. **Sanacine** strengthens the lining of the throat, and enables it to rapidly throw off the effects of cold.

Dose : see pages 145, 146, also Article on Cold in the Head.

Cold on the Chest is treated homœopathically also by

Aconite and Bryonia.—Pilules or Tinctures—every three hours alternately, until improvement takes place, then by

Ipecacuanha and Bryonia.—Pilules or Tinctures—in the same manner as long as required.

Doses : see page 8.

Sore Throat.

Simple soreness or swelling of the throat very commonly accompanies a cold.

TREATMENT

A dose of **Sanacine,** either liquid or tablets, every three hours, *see pages* 145, 146.

Sore throat is treated homœopathically also by

Belladonna and Mercurius V.—Pilules or Tinctures—every two hours alternately for six doses, then every

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three or four hours, when there is redness of the parts with a raw or scraped sensation, the throat feels swollen, and the glands sore or enlarged.

Doses ; see page 8.

A cold-water compress applied to the throat at night is of great assistance, *see page* 105.

In all cases of severe or malignant sore throat, homœopathic medical assistance should be at once obtained.

Clergyman's Sore Throat *See page* 26.

CONSTIPATION—Costiveness.

Constipation may be described as infrequent action of the bowels, or the difficult expulsion of their hardened contents. It is a condition often produced by the use of aperients, and sufferers cannot be too strongly warned against the evils resulting from the employment of "opening medicines," which, although they may afford relief at the time, invariably leave the bowels in a more abnormal state, until habitual and confirmed costiveness is the result. Here, as in other affections, homœopathy shows to great advantage ; the action of the bowels is not forced, but gradually and gently helped into a proper condition. In full and robust health the bowels should be, as a rule, relieved once at least in twenty-four hours, although in some constitutions a longer interval may elapse without much inconvenience.

Constipation may be *temporary*, as when it arises from overloading the stomach, rich food, or too free indulgence in alcohol ; or *habitual*, by which is understood a prolonged departure from the standard natural to the individual.

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TREATMENT.

It is treated homœopathically by a dose of **Tincture of Podophyllum** night and morning. It does not cause griping, and the action of the bowels is not in the least forced, but only very gently assisted.

By **Nux Vomica.**—Pilules or Tincture—every four hours, when it is recent or temporary, and especially when associated with an attack of indigestion, or resulting from some error in diet.

Dose : see page 8.

By **Nux Vomica.**—Pilules or Tincture—at bed time and **Sulphur**—Pilules or Tincture—at rising in the morning, fasting, and so continued for a week or two or as long as may be required, when it is habitual or of long standing.

Doses : see page 8.

Diet to consist of food of easy digestion, oatmeal porridge, brown bread in preference to white, plenty of figs, prunes, uncooked *ripe* fruit, and well-cooked vegetables.

ACCESSORY TREATMENT.

Cold water drank freely immediately on rising each morning, regularity in attending to nature's calls, moderate out-door exercise, friction over the stomach and belly by rough towels or horse-hair gloves.

CONVULSIONS.—Infantile.

SEND FOR THE DOCTOR.

This is a condition which calls for prompt medical attention. Convulsions consist of sudden, violent and involuntary contractions of the muscles of a part of, or of the whole body, occurring in paroxysms, and usually attended with unconsciousness. The con-

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tractions may last for some time without relaxation, or may alternate with relaxations at irregular intervals.

FIRST AID.

When a child is attacked with convulsions and no medical man is at hand, immerse it up to its waist or armpits in water as hot as it can be borne, and at the same time sprinkle its face with cold water, or pour cold water over its head, or apply it with a sponge wrung out of vinegar and water, or Eau de Cologne and water, equal parts. After continuing this for five or ten minutes, or until the fit appears partially subdued, wipe the child perfectly dry, and place it in a warm wrapper. If the first immersion is followed by no relief, or a second attack speedily ensues, repeat the hot bath, and pour a small stream of cold water upon the head of the child from a height of one or two feet.

Lancing the gums if they are swollen and hot is usually very beneficial.

PREVENTION.

Strive to arrange for regular, simple feeding.
Plenty of fresh air and exercise.
Quiet sleep (in airy rooms).
Regular action of the bowels.

These two last requirements are secured by an occasional Ashton & Parsons' Infants' Powder.

Improper feeding is perhaps the most frequent cause of an attack of convulsions.

The American Dairy Food Association has collected data showing that in one year in the United States alone, 455,000 infants died from the evil effects of adulterated infant foods and poisons used in colouring butter and sweets.

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BE CAREFUL

To remember that a child's nervous system is more easily disturbed than that of an adult, and the disturbance may show itself by an attack of convulsions.

See also article on **Teething,** *pages* 80—84.

CORNS AND BUNIONS.

In these painful excrescences, considerable benefit attends the external use of **Tincture of *Arnica** and the employment of Felt Corn or Bunion Plaisters.

DIRECTIONS.

Corns.—Bathe the feet, pare down the corn, rub in two or three drops of the pure **Tincture of *Arnica** and apply a Corn Plaister.

Bunions.—Remove all pressure, if necessary, by cutting the boot over the bunion, rub in a few drops of ***Arnica,** and apply a Felt Bunion Plaister, renewing every two or three days, until a cure is effected.

(Felt Corn or Bunion Plaisters can be obtained from any good local chemist).

COUGHS.

A cough from whatever cause it may arise, or however trifling it may seem, should never be neglected, for serious diseases of the chest often spring from slight coughs, which would have been comparatively easy to cure if they had received proper attention in their early stages.

Coughing is produced by an inflammation and irritation of the mucous membrane lining the throat and

* **Ruta** or **Veratrum Viride** is substituted for Arnica when there is any tendency to erysipelas.

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lungs. This irritation is usually provoked by cold, damp air, or dust.

TREATMENT.

Sanacine should be taken in a little water, two or three times a day, at equal intervals either before or after meals.

After a few doses of **Sanacine** the tendency to cough rapidly diminishes and the fearful wear and tear on the lungs naturally ceases. **Sanacine** promotes a secretion which dissolves and expels the congested phlegm in the nasal cavity, bronchial tubes and stomach.

Dose : see Sanacine, pages 145, 146.

Coughs are treated homœopathically also by

Hyoscyamus and Ipecacuanha.—Tinctures—every two hours alternately for a few doses, then every three or four hours, when the cough comes on at night, or in fits on rising, or early in the morning when in bed, or upon change of temperature, such as leaving a warm room for a cold one, or *vice versa*, or when the coughing ends in nausea, loss of breath or vomiting.

Doses : see page 8.

By **Bryonia.**—Pilules or Tincture—every four hours, when the cough is accompanied by tightness and oppression of the chest.

Dose : see page 8.

By **Spongia.**—Pilules or Tincture—every three hours, when the cough is croupy, dry, hard, tearing or barking, or is attended by a sensation of tickling or irritation in the throat.

Dose : see page 8.

By **Kali Bich.**—Pilules or Tincture—every three hours, when there is cough with a burning sensation behind the blade bone ; tough, stringy expectoration

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dislodged with difficulty, and sometimes streaked with blood.

Dose : see page 8.

Consult also the Articles upon Cold, Hoarseness, Whooping Cough, etc.

CRAMP IN THE LIMBS.

Cramp in the limbs is sometimes very distressing. Those who are subject to it at night will often escape if they sleep on a mattress so sloped that the foot of the bed is twelve inches lower than the head.

During an attack relief may be obtained by pressing the foot against the bedstead, or otherwise forcibly extending the limb. Also by rubbing with the naked hand, flesh brush, or flannel, and by *smelling camphor*.

Everything likely to give rise to indigestion to be avoided.

If debility, constipation, indigestion, or a gouty or rheumatic state of the system be present, the patient should be treated for these maladies.

CRAMP OR SPASM IN THE STOMACH.

Cramp or spasm in the stomach is usually but a symptom and effect of indigestion.

It commonly arises from eating unsuitable or indigestible food, over-eating or eating too quickly, too long fasting, the abuse of spirits and malt liquors, and the excessive use of hot tea and coffee. Damp and cold, the suppression ot eruptions, debility from nursing, loss of blood, etc., also give rise to it.

The symptoms consist of acute, cutting, tearing, and beating pain, or a dull and heavy pain in the region of the stomach shortly after taking food, often

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accompanied by anxiety, faintness, shivering, palpitation of the heart, coldness of the extremities and distention of the abdomen. The pain is generally relieved by pressure, and the attacks usually pass off with vomiting, or belching of wind from the stomach. The spasm may occur periodically, and the complaint is more common in females than in males. It often recurs after the usual monthly discharge, or from interruption of its course, and at change of life.

TREATMENT.

A dose of **Tincture of Camphor** (Rubini) every one, two, or three hours, or as often as required, will give prompt relief.

It is treated homœopathically also by

Aconite and Nux Vomica.—Tinctures—in alternation from every half-hour to two hours, according to the severity of the pain.

Doses : see page 8.

By **Cocculus.**—Pilules or Tincture—every hour, when Aconite and Nux Vomica do not produce the desired effect within a reasonable time.

Dose : see page 8.

ACCESSORY TREATMENT.

In acute cases, when the pain is severe, hot fomentations (two or three thicknesses of flannel wrung out of hot water and applied as hot as can be borne) to the stomach often give speedy relief. Drinking a tumbler of hot water also gives relief. Smelling camphor is good in some cases.

Diet to be light and easy of digestion. New bread, rich, fat, and highly-seasoned food, suppers, spirits, beer, coffee, and tea (excepting perhaps *weak* black tea) to be specially avoided.

Consult also the article on Indigestion, *pages* 55—57.

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CRICK IN THE NECK.—Stiff Neck.

This painful affection is caused by exposure to draughts, or by turning the head suddenly round.

TREATMENT.

A good Embrocation to be gently rubbed in with the fingers two or three times a day.

ACCESSORY TREATMENT.

The old popular practice of applying a warm smoothing iron to the part, with a piece of flannel interposed between it and the skin, often does good.

DEAFNESS.

Deafness or dulness of hearing is frequently a symptom of other disorders of the ear, and may be expected to subside with their cure.

When it arises from cold, loud noises, accumulation of wax, or too great dryness or want of wax, it is treated homœopathically by

Aconite and Pulsatilla.—Pilules or Tinctures—every four or six hours alternately, in recent cases resulting from cold.

Doses : see page 8.

By **Belladonna and Pulsatilla.**—Pilules or Tinctures—night and morning alternately, in cases of longer standing resulting from cold.

Doses : see page 8.

By **Phosferine.**—(*pages* 137—140) night and morning when the deafness is fitful and periodical in nervous persons.

When there is an excessive accumulation of wax the ear to be gently syringed with warm water, and the hardened wax when softened carefully removed.

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DEBILITY.

This is a condition in which there is langour, want of energy, disinclination to attend to one's duties, trifles cause worry and assume gigantic proportions, there is a tired worn-out feeling and the least exertion is distasteful; passing events lose their interest. Melancholy and anxious, the patient is a trouble to himself and others; there is often sleeplessness, thirst, low fever, headache.

These and similar symptoms are caused by the bodily powers being reduced, without being due to any definite disease, and is a state in which the system is peculiarly liable to contract other trouble, hence the importance of taking recuperative measures and of restoring the constitution to a vigorous and healthy condition.

TREATMENT.

The value of **Phosferine** (*pages* 137—140) in such is considerable and its strengthening properties render it particularly applicable.

DIRECTIONS.

Five to eight drops in a tablespoonful of cold water at rising in the morning, half an hour before dinner, and the last thing before going to bed. Patients under fourteen years of age, half the above dose; under seven, one-fourth.

The diet should be nourishing and liberal, and a fair amount of open-air exercise obtained; but exertion directly after meals should be avoided. Tepid or cold sponging first thing in the morning is often useful.

DEPRESSION OF SPIRITS.

This and kindred conditions are usually indicative of a generally weakly and debilitated condition of the

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system, resulting from overwork, worry, fright, grief or reaction after sudden joy.

This is a condition that should be at once remedied.

See **Phosferine** (*pages* 137—140) a dose to be taken three or four times daily.

DIARRHŒA.

Common diarrhœa or looseness of the bowels is generally accompanied by more or less severe griping pain. Sometimes it occurs without pain, but it is then usually attended with a sense of weakness and general uneasiness. It may be caused by the heat of the summer, by intemperance in eating or drinking, by indigestible or unwholesome food, such as veal, pork, tainted meat, cucumber, unripe or decaying raw fruits, etc., or by exposure to cold or wet, cold drinks and ices, passionate emotions, and teething.

It also occurs as an accompaniment of or sequel to many diseases, and then comes under the general treatment ot such diseases.

Diarrhœa is treated homœopathically by

Tincture of Camphor (Rubini)

Dose : Two to five drops on a small lump of sugar each time the bowels open, or pain is felt.

Patients of fourteen years, half the quantity; of seven, one fourth. If this proves ineffectual after five or six doses have been taken, it is discontinued and the diarrhœa is then treated by

Arsenicum.—Tincture—every half-hour, hour, or two hours, according to the severity of the symptoms, when it is accompanied by vomiting or great heat at the stomach, watery stools with a burning sensation, prostration and coldness of the body—especially if

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occurring after midnight, or if caused by acids, fruits, cold drinks, or ices, or from a chill.

Dose : see page 8.

By **Veratrum.**—Tincture—every half-hour, hour, or two hours, according to the severity of the symptoms, when there are cutting, griping pain, cramps, or choleraic symptoms.

Dose : see page 8.

By **Phosferine.**—At rising, noon and bedtime, when the diarrhœa is protracted and painless, with debility.

Dose : see Phosferine, pages 137—140.

In the diarrhœa of infants and young children, when the motions are grass green, or have a whitish-curdled appearance, and a very offensive smell, or the diarrhœa is attended with vomiting and flatulency, or griping, crying, anguish, and restlessness, consult the article on Teething, *pages* 80—84.

Diet must be light, such as tapioca, rice, gruel, arrowroot, farinaceous foods, toast water, barley water, rice water, linseed tea, milk and lime water. Animal food to be altogether avoided, or only very sparingly partaken of. But little liquid to be taken and only in small quantities at a time, and not too cold.

Patients will do well to abstain from food of all kinds for 12 or 24 hours, or if possible, until the malady is well under control, and then eat but little at a time, and not too often.

Quiet rest upon the back is beneficial. Exposure to damp and cold must be guarded against.

DYSPEPSIA.

See Indigestion, pages 55—57.

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EAR ACHE.

This affection may be the result of exposure to cold, or be due to neuralgia or sympathy from toothache. Blows, and foreign bodies in the ear, as insects, etc., also give rise to it. The pain is usually confined to one ear, but both ears are sometimes equally affected. It is treated homœopathically by

Pulsatilla and Chamomilla.—Pilules or Tinctures—every three hours alternately, when the pain is very severe, tearing and jerking, and there is a sensation as if something would be pressed out.

Doses : see page 8.

By **Mercurius V. and Belladonna.**—Pilules or Tinctures—every three hours alternately, when it arises from sympathy with toothache, or from carious teeth, and especially if the head and eyes are affected.

Doses : see page 8.

By **Phosferine.**—Every three hours, when it is due to neuralgia.

Dose: see Phosferine, pages 137—140.

The affected part to be protected from cold by a handkerchief or covering of some kind.

Carious teeth to be extracted or stopped.

EAR, Discharge from the.

Discharge from the ear is a very troublesome complaint, on account of the disagreeable smell and uncleanliness generally attending it. It occurs very frequently without any apparent cause in young children about the time of dentition, and is common after measles, scarlet fever, small-pox, etc.

When it has existed for any length of time, the discharge is often tinged with blood.

ASHTON & PARSONS call attention to the necessity of insisting on having the Genuine Medicines made by them, and refusing any inferior articles offered from interested motives.

It is treated homœopathically by

Calcarea and Hepar Sulph.—Pilules—night and morning alternately, when it occurs about the time of teething, or in scrofulous subjects.
Doses : see page 8.

By **Pulsatilla and Sulphur.**—Pilules—night and morning alternately, when it occurs after measles.
Doses : see page 8.

By **Belladonna and Sulphur.**—Pilules—night and morning alternately, when it occurs after scarlet fever.
Doses : see page 8.

By **Mercurius V. and Sulphur.**—Pilules—night and morning alternately, when it occurs after small-pox.
Doses : see page 8.

The ear to be cleansed several times a day with warm water and soap and a soft sponge or cotton wool.

If a syringe is employed, it must be very gently and carefully used.

Attention to be paid to the general health.

If there is a depressed condition of the system, **Phosferine** (*pages* 137—140) in addition to the medicine indicated—is beneficial.

EAR, Foreign Bodies in the.

See pages 98, 99.

ECZEMA.

Eczema is the commonest and often the most obstinate of skin disorders ; many persons suffer from it periodically, especially in the spring and autumn.

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It commences with inflammation of the skin, followed by the oozing of matter, which sometimes dries as a scab and causes great irritation.

Eczema is treated homœopathically by

Aconite and Rhus.—Pilules or Tinctures—every three hours alternately, in the earliest symptoms and when the inflammation and irritation are moderate.

Doses : see page 8.

By **Arsenicum and Belladonna.**—Pilules or Tinctures—every three hours alternately, when the eruption is very red and shining and considerable inflammation.

Doses : see page 8.

By **Sulphur.**—Pilules or Tincture—when the irritation is increased by warmth.

Dose : see page 8.

ACCESSORY TREATMENT.

The parts affected should be frequently and carefully washed with tepid water, and the irritation allayed by applying **Hamamelis Cerate** (price in Great Britain, 1/1½ per jar) as often as necessary.

In severe cases the patient should have an absolute milk diet; in all cases it should consist principally of milk and should be plain and abundant, plenty of green vegetables, and little meat.

EXCORIATION.—Abrasion of the Skin.

This is often met with at the folds of the skin in adults of full habit, as well as being a common occurrence in infancy.

It may be very much mitigated, if not entirely removed by the frequent use of soap and warm water, afterwards gently dabbing (not rubbing) the parts until they are quite dry, and then freely dusting them with pure starch powder.

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ACCESSORY TREATMENT.

Hamamelis Cerate (price in Great Britain 1/1½ per jar) to be applied after washing according to directions.

EYE, Dirt, etc., in the.

See pages 99, 100.

EYE.—Bloodshot.

The slight inflammation that produces simply bloodshot eyes, with a little smarting, itching, heat and pain as if from sand, is treated homœopathically by

Aconite and Belladonna.—Pilules or Tinctures—every three hours alternately, when there is deep redness, sensitiveness to light, and flow of tears.

Doses : see page 8.

By **Mercurius V.**—Pilules or Tincture—every three or four hours, when there is a glutinous or mattery discharge, and the case is very mild.

Dose : see page 8.

By **Sulphur.**—Pilules or Tincture—night and morning, when the complaint is obstinate or of long standing.

Dose : see page 8.

The eyes to be protected from light by a shade. A little tepid water may occasionally be made use of as a lotion.

In all cases where the inflammation is deep seated or very acute, professional help should be obtained without delay.

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FATIGUE.—Bodily.

A dose of **Phosferine,** described upon pages 137—140 to be taken every three hours.

FATIGUE.—Mental.

Mental fatigue resulting from night watching, excessive brain work, etc., is treated by **Phosferine,** described upon pages 137—140. A dose to be taken every three or four hours.

FEET, Blistered.

Blistered feet and hands are treated by the frequent application of a little **Hamamelis Cerate** (price in Great Britain, 1/1½ per jar).

FEET, Offensive Sweating of the.

With the exception of these clammy, copious and offensive sweats the patient is generally quite well, and is apt to attempt the removal of the annoyance by the application of cold water, lead lotions, etc. The suppression by these means is dangerous and should not be attempted.

It is treated homœopathically by

Silicea.—Pilules—night and morning for a week, then **Rhus**—Pilules—night and morning for a week, then **Sulphur**—Pilules or Tincture, night and morning for a week. To be repeated, if necessary, in the same order.

Doses : see page 8.

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The feet to be washed twice a day or oftener with *warm* water and carbolic soap.

The strictest attention to the cleanliness of the *whole* body to be observed.

FEET, Tender.

Tender feet, painful ankles, etc., are treated by gently rubbing in **Hamamelis Cerate** (price in Great Britain, 1/1½ per jar) two or three times a day.

The parts to be previously bathed for about ten minutes in tepid water.

FEVERISHNESS.

Is treated homœopathically by

Aconite.—Pilules or Tincture—a dose to be taken every three hours.

Dose : see page 8.

FLATULENCE.—Wind.

Flatulence is generally caused by the decomposition of imperfectly digested food, and is often aggravated by the use of tea.

It is treated homœopathically by

Lycopodium.—Pilules or Tincture—night and morning when it is habitual.

Dose : see page 8.

By **Nux Vomica.**—Pilules or Tincture—an hour before meals, and

Carbo Veg.—Pilules or Tincture—an hour after meals, when the attack is only occasional.

Doses : see page 8.

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A few drops of Camphor, or a little hot brandy and water, with spice, will often give prompt relief when distress from flatulence is severe.

Vegetables, soups, especially pea soup, beer, and tea, to be avoided.

FRIGHT.

The shock sustained by the nervous system through a sudden fright is treated by a dose of **Phosferine,** described upon pages 137—140, two, three, or four times a day, according to the urgency of the symptoms.

GATHERED FINGERS.

See Whitlow, page 90.

GRIEF.

The moral depression consequent upon this cause is treated by a dose of **Phosferine,** described upon pages 137—140, night and morning.

GUMBOIL.

A Gumboil is a small abscess in the gum, commencing in the socket of a tooth. It may result from cold, or be due to the irritation of a diseased or carious tooth, or one that has been improperly stopped.

It is treated homœopathically by

Sulphur.—Pilules or Tincture—three times a day, when the case is very mild.

Dose : see page 8.

By **Aconite and Belladonna.**—Pilules or Tinctures—every three hours alternately, when there are shooting

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pains, much inflammation, heat of the skin, thirst and other feverish symptoms.

Doses : see page 8.

By **Mercurius V.**—Pilules or Tincture—every four hours, when there is considerable swelling of the face, and profuse flow of saliva, but not so much pain.

Dose : see page 8.

By **Hepar Sulph.**—Pilules or Tincture—as soon as the abscess softens and throbs—signs that matter is forming.

Dose : see page 8.

ACCESSORY TREATMENT.

Hot fomentations to the cheek, and the application of the inner part of a roasted fig to the gumboil. Lancing as soon as matter can be detected will often expedite the cure.

The dentist should be consulted as soon as the pain and swelling have subsided, if the gumboil has been caused by a badly decayed tooth or old stump.

Diet.—Bread and milk, cocoa, beef tea, milk puddings, and such-like food which requires little or no mastication.

HÆMORRHOIDS.

See Piles, pages 69—71

HAY FEVER, HAY ASTHMA, or SUMMER CATARRH.

The very troublesome complaint known by these names is supposed to be caused by the inhalation of the minute pollen of ripe grasses and of certain flowering plants. Its attacks are confined to the summer

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months, and the symptoms become more intolerable at the height of the haymaking season. It attacks predisposed persons only, and the symptoms often increase in violence year by year.

The symptoms of hay fever are like those of influenza, to which some of the symptoms of asthma are superadded. There is a running from the eyes and nose, with sneezing; the eyes and nostrils are inflamed and sore, and there is considerable general irritation and lassitude. Tightness of the chest, with difficulty of breathing and cough, are frequently present.

It is treated homœopathically by

Anthoxanthum.—This medicine usually arrests the progress of the complaint, and in fully developed cases, when the symptoms are intolerable affords speedy and progressive relief.

Directions for use.—Pour into the palm of the hand from ten to twenty drops of the Tincture, place the hand over the nose and mouth, and vigorously inhale. After having *applied* it, take a dose of five drops, in a dessert-spoonful of water, every three hours.

Persons subject to hay fever will do well to take Anthoxanthum as a preventive some little time before an attack is feared.

As a Preventive.—Take five drops in a dessert-spoonful of water, morning, noon, and night.

Prices (in Great Britain) bottles 1/1½ and 2/9.

HEADACHES.

TREATMENT.

When it is of neuralgic or rheumatic nature, or arises from excessive brain-work, harassing cares, or

nervousness, take a dose of **Phosferine** (*pages* 137—140) in a table-spoonful of water, three times a day; afterwards, for a day or two, a dose night and morning as a preventive.

Phosferine is a useful brain feeder, and is valuable to the studious and those who have much mental labour.

When it is of a "bilious or sick" character, or arises from a deranged stomach, or from intemperate habits, take a dose of **Tincture of Podophyllum** every two or three hours.

Headaches are treated homœopathically also by

Glonoine.—Tincture—when there is throbbing in the temples, a violent bursting sensation, giddiness and a feeling of fulness in the head, *but no fever or inflammation.*

Dose: Two drops of the 3rd centesimal potency in a table-spoonful of water, repeated in half an hour if necessary. The patient should rest for a short time after taking the dose.

By **Belladonna.**—Pilules or Tincture—every two hours, when there is a violent pressing, tearing, or throbbing pain in the forehead above the eyes, great sensitiveness to light and sound, a hot head, and red face.

Dose: see page 8.

HEARTBURN.

This very disagreeable burning sensation in the stomach and throat is probably caused by fermentation of food in the stomach, owing to imperfect digestion.

It is treated homœopathically by

Pulsatilla.—Pilules or Tincture—every three hours.

Dose: see page 8.

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ACCESSORY TREATMENT.

Drinking a glass of warm water after a meal will often prevent its recurrence.

Sucking a piece of Spanish liquorice the size of a pea often immediately *relieves* the distressing heart-burn from which some ladies suffer during pregnancy.

Consult also the Article on Indigestion, *pages* 55—57.

HICCOUGH—Hiccup.

This annoying affection usually passes off in an hour or two, but it has been known to continue for weeks. It is generally associated with indigestion, which see.

Sometimes it is due to hysterical laughing, pregnancy, etc., and in young infants to slight exposure or change of temperature, and is then treated as follows:—

A dose of **Phosferine** described upon pages 137—140 three times a day, when caused by hysterical laughing or mental emotion.

By **Infants' Powders,** (*pages* 141—144) when occurring in infants.

Hiccough is treated homœopathically also

By **Pulsatilla.**—Pilules or Tincture—every three hours, occurring during pregnancy, or preceding or following the monthly period.

Dose : see page 8.

ACCESSORY TREATMENT.

A few drops of **Tincture of Camphor** (Rubini) poured into the palm of the hand and inhaled. Holding the breath as long as possible. A draught of cold water.

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HOARSENESS.

Hoarseness frequently accompanies a common cold, or may follow the excessive use of the voice in speaking, reading or singing.

TREATMENT.

A dose of **Sanacine** (*pages* 145, 146) every three or four hours.

Hoarseness is treated homœopathically also by

Dulcamara.—Pilules or Tincture—every three hours, when it arises from damp or wet or from a chill.
Dose : see page 8.

By **Carbo Veg.**—Pilules or Tincture—every four hours, when it comes on or is worse in the evening, or after reading or singing, with almost complete loss of voice. Also in hoarseness and cough following measles.
Dose : see page 8.

Sanacine Tablets (*page* 146) taken either alone or in conjunction with the above medicines, will be found beneficial.

Consult also Clergyman's Sore Throat, *page* 26.

HOOPING COUGH (Whooping Cough).

This very infectious disease, although a children's malady, sometimes attacks adults, but it seldom occurs more than once in the same individual. It usually begins, like a common cold, with sneezing, chills, feverishness, and general discomfort, and a troublesome cough, which often enables experienced persons to suspect what the malady is. It is not, however, for a week or two, and sometimes much longer, that the well-known characteristic symptoms show themselves.

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As the symptoms of cold abate, the cough comes on in distinct fits of violent and convulsive expirations, during which the lungs are emptied of air, the face becomes red, puffed out, and blue, and suffocation appears about to happen, when relief is suddenly afforded by a long drawing-in of breath. This causes the peculiar "whoop," and is the sign of safety. The fit may last for several minutes, and frequently terminates with the discharge of ropy phlegm, or the vomiting of food.

When the cough is very severe, there is sometimes bleeding from the nose or mouth, or from the ears.

The patient soon learns when each fit is coming on, becomes frightened, and clings to any one for support.

As soon as it is over the child regains courage, and before long appears well.

There may be two or three attacks in a day, or as many in an hour, and they are usually more severe at night.

The disease generally attains its greatest severity in four or five weeks, after which the fits of coughing become less severe, and at length—after a variable period of a week or two to several months— entirely cease.

TREATMENT.

A dose of **Sanacine,** liquid or tablets (*pages* 145, 146) every three or four hours.

Mrs. V. Lesueur writes :

"My foster child, a boy of eight years, had Whooping Cough and Bronchitis, **Sanacine** is the only thing that has relieved him, he could not keep a particle of food until I gave him the **Sanacine Tablets. Sanacine** has helped him to expectorate the phlegm."—37, Seaton Place, St. Heliers, Jersey.

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Whooping Cough is treated homœopathically also by

Aconite and Ipecacuanha.—Pilules or Tinctures—every three hours alternately, when there is feverishness, chills, sneezing, and other symptoms like a common cold, with cough.

Doses : see page 8.

By **Drosera and Ipecacuanha.**—Tinctures—every three hours alternately, when the feverish symptoms are abated, and the "whooping" stage reached, with violent cough, bringing up of phlegm, or vomiting of food.

Doses : see page 8.

By **Belladonna.**—Pilules or Tincture—every three hours, when the cough is sudden and violent, worse at night, with sore throat and determination of blood to the head.

Dose : see page 8.

By **Arnica.**—Pilules or Tincture—in occasional alternation with any medicine indicated, when there is bleeding from the nose or mouth, or the eyes are very bloodshot.

Dose : see page 8.

ACCESSORY TREATMENT

Breathing the fumes of burning sulphur* twice a day has done good service in many cases.

The child to be warmly clad, wear flannel or chamois leather jacket next the skin, and be kept indoors in a *warm* but *pure* atmosphere. Through all stages of the disease, damp, draughts, or the action of cold winds to be carefully guarded against.

* Sprinkle some flowers of sulphur upon charcoal, pour over it a little spirits of wine, then light it.

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The temper not to be tried in any way, because all emotions of the mind—especially anger—add to the violence or frequency of the fits of coughing.

Diet during the feverish stage to be light; during the whooping stage highly nutritious, but at the same time easy of digestion. Food is best taken a little at a time, at intervals of about two hours.

INDIGESTION.—Dyspepsia.

The symptoms of indigestion vary considerably in their nature and severity. The chief signs, however, are:—Indifferent or fanciful appetite, feeling of pain, weight, and fulness at the pit of the stomach, especially after eating; oppression at the chest, with palpitation of the heart, drowsiness after meals, disinclination for physical or mental exertion, depression of spirits, restless sleep, a furred tongue and offensive breath, bitter or disagreeable taste on awakening in the morning, nausea or vomiting, headache, dizziness, costiveness alternating with diarrhœa, flatulence, acidity, heartburn, and water-brash.

It generally arises from errors in diet, overloading the stomach, eating too quickly or at irregular intervals, taking too much fluid with the meals, smoking, and drinking beer, wines, spirits, and hot tea and coffee to excess. It may also arise from fright and grief, worry, anxiety, or mental strain, debility, and sedentary habits.

TREATMENT.

A dose of **Phosferine.**—Half an hour after eating, when occasioned by worry or anxiety, excessive brain work, fright or grief.

Dose: see Phosferine, pages 137—140.

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Indigestion is treated homœopathically also by

Pulsatilla.—Pilules or Tincture—every one and a half or two hours, when the attack has been caused by pork, pastry or rich food.

Dose : see page 8.

By **Nux Vomica.**—Pilules or Tincture—every two or three hours, when caused by beer, wines, spirits, tea, coffee, or smoking, overloading the stomach, eating too quickly or at irregular intervals.

Dose : see page 8.

Note.—When from neglect, indigestion has become habitual, the medicine ought not to be taken oftener than twice a day (morning and night).

ACCESSORY TREATMENT.

A tea-spoonful of Pepsine Wine in a wine-glassful of water, three times a day, immediately after meals, especially in cases of long standing.

Sponging the chest, stomach, and belly with cold or tepid water, and afterwards briskly drying with a rough towel, is a valuable help.

A wet compress worn over the stomach is also good.

Rest or relaxation from harassing cares or anxieties of business is exceedingly beneficial.

Meals to be taken regularly, the food eaten slowly, in small quantities and thoroughly masticated. Reading, or any occupation which taxes the mind, not to be indulged in at meal times. Late or full suppers are quite inadmissible. Much fluid not to be taken with meals.

Diet may consist of gruel, sago, milk and water, stale bread, sole, whiting, brill, turbot, poultry, sweetbread, tripe, mutton, venison, pheasant, hare, cauliflower, asparagus, vegetable marrow, grapes and oranges.

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Other fruits and vegetables, pastry, cheese, tea, coffee (especially after dinner) beer, port wine, and undiluted spirits to be avoided, as well as all other articles of food and drink which from experience are known to disagree.

Consult also the Articles on Acidity, Flatulence.

INFLUENZA.

Influenza is a very infectious, and terribly depressing epidemic disease, and causes alarming exhaustion with serious loss of vitality to the sufferer, almost to the verge of collapse. The usual symptoms are feverishness, marked depression of spirits, a rise in the bodily temperature, chilliness, dull headaches, spasmodic shivering, sneezing, aches in the bones of the face, swollen sensation, watery discharge from eyes and nose, cough, restlessness, loss of appetite, taste, and smell, accompanied by constipation and muscular weakness which make the limbs ache and seem heavier.

TREATMENT.

Keep indoors in an even temperature, wear warm clothing, and see that the living rooms are not stuffy or close.

Take nourishing foods and five to eight drops of **Phosferine** (as a tonic) in a tablespoonful of water every three hours, and until quite well five drops at rising, noon, and bedtime. As the *after effects* of influenza are dangerous and lingering, it is best to take **Phosferine** for two or three weeks, so as to entirely shake off the malady.

Sanacine taken in conjunction with Phosferine, twice or thrice daily, will be found a valuable auxiliary.

Dose : see pages 145, 146.

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Influenza is treated homœopathically also by

Camphor (Rubini).—Pilules or Tincture—in the primary chill.

By **Aconite and Arsenicum.**—Pilules or Tinctures—every two or three hours alternately, in the invasive stages, where there is considerable feverishness, chills, frontal headache, running from the eyes and nose.

Doses : see page 8.

By **Kali B.**—Pilules or Tincture—when there is a troublesome cough with tough and stringy or purulent expectoration.

Dose : see page 8.

ITCHING OF THE SKIN.

See pages 76, 77.

KIDNEY AND URINARY DISORDERS.

Are often induced by exposure to damp or cold, intemperance, bad living, etc.

Workers in lead—painters and plumbers—are particularly liable to kidney complaints.

Simple cases are treated homœopathically by

Aconite and Cantharis.—Pilules or Tinctures—in alternation every three hours, when there is inflammation of the bladder or kidneys, incontinence or retention of urine, burning and scalding in passing water.

Doses : see page 8.

ACCESSORY TREATMENT.

Hot fomentations and warm baths often prove helpful, mucilaginous drinks favour recovery.

In severe or complicated cases recourse should be had to medical aid.

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LASSITUDE.

See pages 88—89.

LIVER DISORDERS.

See Biliousness, page 19.

LUMBAGO.

This very painful affection is rheumatism in the small of the back. It oftens attacks people suddenly when stooping, or when engaged in some unusual or severe exercise, and is aggravated by the slightest movement—such as attempting to rise from a chair, etc.

TREATMENT.

A dose of **Phosferine** (*pages* 137—140) at rising, noon, and bedtime, and the same external applications as Rheumatism (*page* 73).

It is treated homœopathically also by

Bryonia.—Pilules or Tincture—every three hours *Dose : see page* 8.

MALARIA.

See Ague, pages 14, 15.

MATERNITY WEAKNESS.

A period of considerable weakness invariably follows maternity, and at such times it is necessary to keep in mind the importance of sustaining, and strengthening the constitution, until a normal healthy condition be restored.

TREATMENT.

A true nutrimental and harmless recuperative is found in Phosferine, it should be administered in 5 to 8 drop doses three times a day.

See Phosferine, page 137.

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ACCESSORY TREATMENT.

The patient should be kept very quiet, all noise and excitement being studiously avoided. Stimulants are not advisable, beef tea, good broth free from fat with a little dry toast and simple farinaceous food is the best diet for the first few days.

See also Hints on Mothers' Diet, *page* 83.

Mrs. E. WILSON, 41, Bedford Road, Grays, Essex, writes :—

" I am very grateful for the good Phosferine has done me in maternity weakness ; *before my child was born I took it regularly and it strengthened me wonderfully, the subsequent tax upon my constitution was not half so great* as one would naturally expect. I can only ascribe my quick recovery to the benefit I obtained from its use. I am certain Phosferine taken by mothers is a great help *both before and after child-birth*, as it supplies just the strength needful at this time, and moreover, imparts strength and stamina to both, and I assure you I am very proud of my beautiful baby girl."

MEASLES.

Measles is a *highly contagious* and frequently epidemic disease, which, in some constitutions, is apt to be succeeded by troublesome chest affections of various kinds, glandular swellings, and scrofulous and other troubles of more importance than the disease itself. Careful nursing, therefore, is essential even in the mildest case.

The early symptoms are not unlike those of a common cold. There is ringing cough, hoarseness, difficulty of breathing, frequent sneezing, itching of the face, smarting of the eyes, and swelling of the eyelids, with copious secretion of watery fluid from the eyes

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and nostrils ; nausea or vomiting, thirst, furred tongue, frequent pulse, and the general symptoms of fever.

About the *fourth* day the eruption appears, first on the face, then on the neck and breast, and afterwards on the whole body. This eruption consists of small red circular spots resembling flea-bites. These spots multiply and form deep red-coloured clusters of a horse-shoe or half-moon shape, and are found by the touch to project slightly above the surface. The eruption is two or three days in coming out, and remains at least three days. The fever then abates, the rash disappears in the same order it appeared, becoming browner as it fades, and the skin throws off a bran-like scurf. At this period diarrhœa sometimes sets in, but unless it is very troublesome it should not be interfered with, as it is often beneficial. Measles is not so serious in young people as in adults, and seldom attacks the same person twice.

It is treated homœopathically by

Aconite.—Tincture—every one, two, or three hours, according to the severity of the symptoms, at the commencement of the disease and until the rash appears, and at any time when fever is high.

Dose : see page 8.

By **Pulsatilla and Aconite.**—Tinctures—every three hours alternately, when the eruption appears, and until the disease is well on the decline.

Doses : see page 8.

By **Sulphur.**—Pilules or Tincture—once a day during the decline of the disease, and for some time after the skin has thrown off the bran-like scurf, in order to counteract the tendency to affections common after measles.

Dose : see page 8.

By **Bryonia.**—Tincture—every one, two or three hours, according to the severity of the symptoms when

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the eruption has appeared and gone in again—always a serious sign—or when it is not well developed, also when there is great oppression at the chest.

Dose : see page 8.

In severe or complicated cases medical aid should be sought, as it may be necessary to resort to other medicines than those mentioned, and to baths, the wet pack, etc.

ACCESSORY MEASURES.

The patient to be confined to bed in a well-ventilated and moderately warm room, with (except in the height of summer) a fire burning, in order to guard against rapid changes of temperature. The eyes to be protected from strong light, but the room not to be much darkened. Exposure to cold—especially draughts of cold air—and damp to be particularly guarded against, so that the rash shall not be suppressed. Frequent changes of linen, *thoroughly well aired and warm.*

Diet to consist of thin gruel, farinaceous foods, milk and water.

Lemonade, linseed tea, or barley water may be liberally supplied. No stimulants to be given.

By **Pulsatilla.**—Pilules—once a day to the healthy exposed to contagion, or when measles prevails as an epidemic.

Dose : see page 8.

MENSTRUAL TROUBLES.

The menses when delayed, too early, too frequent, irregular, painful, suppressed, scanty, or too profuse, is treated homœopathically by

Pulsatilla.—Pilules or Tincture—a dose to be taken every three hours.

Dose : see page 8.

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By **Cimicifuga.**—Pilules or Tincture—three times daily, when suppressed from cold, and for the complications and irregularities at change of life.

Dose : see page 8.

By **Phosferine** (*pages* 137—140) two or three times daily for the weakness and debility resulting from too profuse or long lasting menstruation.

MILK CRUST.

Milk crust mostly affects young infants, and is an eruption of numerous small white pustules appearing in clusters upon a red ground. They generally make their appearance first on the face, particularly the cheeks and forehead, from whence they will sometimes spread to the neck, shoulders, scalp, and even the whole body. In a short time they become yellow or dark-coloured, burst, and form thin yellow crusts. It is not a dangerous or a contagious affection, but it is often attended with considerable irritation, which renders the child exceedingly restless and fretful.

TREATMENT.

Ashton & Parsons' Infants' Powders, described upon pages 141—144, should be given three or four times a day.

MORNING SICKNESS.

This is experienced more or less by most ladies in the early months of pregnancy, and is treated homœopathically by

Nux Vomica.—Pilules or Tincture—three or four times daily, half-an-hour before meals.

Dose : see page 8.

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MUMPS.

This is a painful inflammatory swelling of the glands below the ear and under the jaw, ushered in by slight febrile symptoms. The swelling which is generally confined to one side, gradually extends, and there is difficulty of opening the mouth and of swallowing. The disease ordinarily reaches its height by the end of the fourth day, after which the symptoms decline and disappear altogether by the end of the seventh or eighth. It rarely attacks both sides at once, but sometimes the other side is affected afterwards. As the disease declines, the breasts or testicles may be, but seldom are, sympathetically affected. It often appears epidemically, particularly in cold damp weather, and is believed to be a contagious disease, because it is frequently observed that when it begins to appear in a school, it affects a great many children successively.

The disease is more incident to children than adults, and seldom attacks the same person twice.

It is treated homœopathically by

Mercurius V.—Pilules or Tincture—every four hours, when the swollen glands are tender, painful, and have a bruised feeling, the mouth dry and clammy, jaws stiff, and in ordinary cases generally.

Dose : see page 8.

By **Aconite and Mercurius V.**—Pilules or Tinctures —every three hours alternately, when feverish symptoms are prominent.

Doses : see page 8.

By **Belladonna and Mercurius V.**—Pilules or Tinctures —every three hours alternately, when the swelling becomes large and red, and there is severe headache.

Doses : see page 8.

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By **Pulsatilla.**—Pilules or Tincture—every three hours, when the breasts or testicles are sympathetically affected.

Dose : see page 8.

ACCESSORY MEASURES.

The patient to be kept warm (but not *too* warm) and carefully guarded against taking cold in any way. To be kept free from excitement. The swollen parts to have frequent warm fomentations, and in the intervals to be kept covered with flannel, cotton wool, or a soft silk handkerchief. The diet to be farinaceous and altogether exclusive of animal food.

NERVOUSNESS.

The nervous weakness or nervousness which gives rise to the train of such unpleasant symptoms as lack of confidence, bashfulness, sudden starting, acute sensibility to noises, irritability of temper, undue anxiety, etc., is treated by

Phosferine (*pages* 137—140).

Dose : Five drops in a tablespoonful of water, at rising and bedtime.

For patients under fourteen years, half this dose ; under seven years, one-fourth.

Tea and Coffee should be avoided.

NERVOUS DYSPEPSIA.

Defective nerve-force or general debility frequently paves the way to this distressing complaint. The symptoms vary in character and in intensity. Impaired, irregular, capricious, fitful appetite, dejection of spirits, flatulence, nausea, headache, heartburn, pain in lower part of chest or pit of stomach, diminished mental energy, restlessness, irritation, are to mention but a few of the symptoms.

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TREATMENT.

Phosferine possesses great power in strengthening the nerves of nutrition, and hence in this disorder is especially indicated. It should be given in five to ten drop doses three or four times daily half-an-hour before meals.

See Phosferine, pages 137—140

Irregularity in diet, late hours, exposure to cold and damp, unsuitable or indigestible food, hurried or excessive eating, excessive use of wine, tea, coffee and other stimulants should be avoided.

See also article on Indigestion, *pages* 55—57.

NETTLE RASH.

This eruption closely resembles the sting of the nettle, both in its appearance and the peculiar tingling, itching, and burning which accompany it. It is attended with more or less feverishness, and sometimes assumes the form of long wheals like blows from a whip or cane.

The attack is often sudden, and is usually a consequence of indigestion caused by certain articles of food, such as shell fish, mushrooms, cucumbers, vinegar, salad, etc. Sometimes it is due to teething, mental excitement, or exposure to cold, and is treated accordingly.

NEURALGIA, and other Severe Nerve Pains.

Phosferine (*pages* 137—140) is the most effectual remedy for these distressing pains.

Dose : Ten drops in a wineglassful of water, followed in half-an-hour by another dose of ten drops; then, if necessary, a dose of five drops every two, three,

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or four hours as required. Afterwards, to prevent a recurrence of the pain, five drops night and morning for two or three days. For patients under fourteen years, half the above doses; under seven years, one-fourth.

ACCESSORY MEANS.

Neuralgia indicates a low or depressed state of vitality, and it is therefore, important to improve the general condition of the system by nourishing and easily digested food, pure air, and (particularly if the patient has been subjected to hard study, worry, or anxiety) change of scene.

Care to be taken to avoid exposure to draughts of cold air, damp, changes of temperature and sudden changes of clothing. Flannel to be worn next the skin from head to foot.

NEURASTHENIA.

Neurasthenia is generally spoken of as "nervous exhaustion," and is due apparently to loss of nerve-energy. This may be caused through worry, overwork, or be the result of a shock to the nervous system. Late hours, social dissipations, excessive study or mental application, insufficient rest, anxiety and numerous other exigencies common to the present age, acting upon a system deficient in nerve strength, often paves the way to neurasthenia. Inability for any physical or mental task is a marked symptom, the slightest effort produces disproportionate exhaustion, sleeplessness, fear, gastric and other symptoms are often developed

TREATMENT.

A prominent position is occupied by **Phosferine** in this distressing condition, the salutary action this

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remedy exercises upon the nervous system, renders it not only valuable in restoring the constitutional vigour, but also in warding off a threatened depletion or collapse of the nerve-strength.

Dose : Five to ten drops of **Phosferine** regularly three times a day, half-an-hour before meals.

Neurasthenia is treated homœopathically also by

Ignatia.—Pilules or Tincture—when there is emaciation, loss of appetite, sleeplessness, hysterical symptoms.
Dose : see page 8.

By **Gelseminum.** Pilules or Tincture—when there is great weakness, tremors, giddiness, neuralgic pains.
Dose : see page 8.

By **Lachesis.**—Pilules or Tincture—when melancholy or nervous feelings are predominant.
Dose : see page 8.

ACCESSORY TREATMENT.

Worry, overwork, or other cause should be removed as far as possible, excitement of all kinds avoided, plenty of rest obtained, light nourishing diet chosen, milk may be freely drunk. The living rooms should be well ventilated.

NEURITIS.

Neuritis is inflammation of a nerve or nerve trunk or the degeneration of nerve fibres. Among the symptoms may be mentioned feverishness and chills, severe boring, tearing, burning, localized or diffused pains worse on pressure, glassy skin, atrophy of the muscular tissues, skin eruptions.

TREATMENT.

Take five to ten drops of **Phosferine** (as a tonic) regularly in half a wineglassful of water three times a day, half-an-hour before meals.

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Neuritis is treated homœopathically also by

Arsenicum.—Pilules or Tincture—when there is exhaustion, intolerable pains, and in anæmic persons.
Dose : see page 8.

By **Belladonna.**—Pilules or Tincture—when the pains are of a throbbing, tearing, cramping nature.
Dose : see page 8.

ACCESSORY TREATMENT.

Locally decayed teeth may demand attention, fomentations and soothing applications are serviceable in relieving the pain and subduing the inflammation.

PILES—Hæmorrhoids.

Piles are often constitutional, but may be brought on or aggravated by purgative medicines, luxurious or sedentary habits, excessive horseback exercise, inveterate costiveness, free indulgence in highly seasoned food or in stimulating drinks, the suppression of some habitual discharge, or pregnancy.

Piles are small, round, painful tumours or lumps, formed by the enlargement and swelling of some of the veins near or at the anus, and vary in number from a single tumour to clusters like a bunch of grapes. They either discharge blood, when they are called *bleeding piles*, or they seldom or never bleed, when they are denominated *blind piles*. They are said to be *internal* or *external*, according to their situation.

Piles are met with in two conditions, namely, indolent and inflamed. *Indolent piles* are free from pain, but may occasion inconvenience from their situation and bulk, and give rise to a sense of annoying weight and discomfort. *Inflamed piles* give rise to heat itching and pain, fulness, and throbbing, increased on

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going to stool, and a sensation as if there were a foreign body in the rectum, with frequent desire to relieve the bowels, and painful straining accompanied by a discharge of mucus and often of blood. Sometimes there is also difficulty and pain in passing water, pain in the back, aching down the thighs, and sitting is rendered extremely painful.

TREATMENT.

Apply **Ashton & Parsons' Hamamelis Cerate,** (price in Great Britain, 1/1½ per jar) either simply or upon lint.

This cerate possesses valuable curative properties, it often gives immediate relief, and its continued use frequently effects a permanent cure even in cases of long standing, and where other remedies have failed.

Piles are treated homœopathically by

Hamamelis, Nux Vomica and Sulphur, when they are *bleeding*, or discharge mucus.

Directions: Hamamelis—Mother Tincture—*every* day at rising and bedtime; Nux Vomica—Pilules or Tincture—at noon one day; and Sulphur—Pilules or Tincture—at noon the next day; then Nux again, and so on.

Doses: see page 8.

By **Æsculus H. Nux Vomica and Sulphur.**—When they are very painful, with but little or no discharge of blood or mucus. The tumours are protruding, or internal, hard and very sore with a bruised feeling (but not raw) accompanied by aching and burning.

Directions: Æsculus—Tincture—*every day* at rising and bedtime; Nux Vomica—Pilules or Tincture—at noon one day; and Sulphur—Pilules or Tincture—at noon the next day; then Nux again, and so on.

Doses: see page 8.

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By **Aconite.**—Tincture—every three hours, when they are very much inflamed.

Dose : see page 8.

By **Sulphur.**—Pilules or Tincture—once a day, when they are *indolent*, but give rise to some inconvenience.

Dose : see page 8.

ACCESSORY MEASURES.

Sponging with cold water night and morning is very helpful. Patients to sit and ride as little as possible, and use cane-seated or wooden chairs in preference to soft cushions. Rest in bed during an "attack of piles" is very beneficial. Very little animal food and no malt liquors then to be taken.

Coffee, wines, spirits, peppers, spices, stimulating foods, and purgative medicines to be avoided. Purgatives are perhaps the most fruitful source of piles, and many ladies have them brought on by castor oil so commonly taken previous to and following confinements.

PIMPLES.—Blotches.

Simple skin affections proceed from various causes, the most frequent being a heated state of the blood.

They are treated homœopathically by

Ac. Nitric.—Pilules or Tincture—night and morning, when pimples or eruptions are upon the skin of bilious subjects, or when the liver is inactive.

Dose : see page 8.

By **Arnica.**—Pilules—night and morning, when pimples or small boils are upon the face or forehead, and there is a bruised sensation of the part.

Dose : see page 8.

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By **Hepar Sulph.**—Pilules or Tincture—night and morning, when the eruption has existed for a long time, is pimply, and the skin generally looks unhealthy.

Dose : see page 8.

By **Sulphur.**— Pilules or Tincture—night and morning when there are obstinate eruptions or round blotches, covered with a whitish-yellow scurf.

Dose : see page 8.

Diet to be as recommended in Indigestion (*pages* 55—57).

Rich food and stimulants to be avoided.

RHEUMATISM.

There are two varieties of Rheumatism ; namely, the **Chronic** (ordinary Rheumatism) and the **Acute** (*Rheumatic Fever*).

1.—Chronic (or Ordinary) Rheumatism.

In *Chronic* Rheumatism and Rheumatic Pains there is an *absence of fever ;* and although the pains may be very persistent and annoying, there is little or no constitutional disturbance.

It is treated by

Phosferine.—(*pages* 137—140).

Dose : Five to eight drops in a tablespoonful of water at rising, noon, and bedtime. Patients under fourteen years, half this dose ; under seven years, one-fourth.

Phosferine is an excellent remedy in this painful complaint, and is especially useful when the attack is accompanied by Indigestion, Debility, or Anxiety, and in cases following Excessive Mental Labour or Worry.

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It is also treated homœopathically by

Bryonia.—Tincture—every three hours, when the pain is chiefly in the flesh (muscles) between the joints.
Dose : see page 8.

By **Rhus Tox. and Bryonia.**—Tinctures—every two hours alternately, when the pain chiefly affects the joints and is stationary.
Doses : see page 8.

By **Cimicifuga.**—Tincture—every three hours, when the pain shifts from one part to another, and more especially when it is on the *left* side.
Dose : see page 8.

By **Aconite.**—Tincture—every two hours, when there is much inflammation.
Dose : see page 8.

EXTERNAL TREATMENT.

Rhus Lotion (*page* 11) applied twice or thrice daily.

Diet to consist of food easy of digestion. Animal food to be but sparingly partaken of during an attack.

Potatoes and all *root* vegetables and malt liquors to be avoided.

Patients subject to Rheumatism should wear flannel next the Skin and be careful to avoid Exposure to draughts of cold air, damp, wet, and easterly winds.

2.—Acute Rheumatism—Rheumatic Fever.

Acute Rheumatism or Rheumatic Fever is a disease much to be dreaded on account of the great suffering it causes, the intensity of the fever, the damage it so frequently inflicts upon the heart, and the crippled state in which it often leaves the joints. It should receive domestic treatment only until a physician can be summoned. The disease generally sets in soon after exposure to cold or damp, and is ushered in with

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shivering, restlessness, and fever, with stiffness and aching pains in the limbs. In the course of from a few hours to one or two days, inflammation shows itself in one or more of the larger joints, which become hot, red, swollen, extremely tender, and acutely painful. There is high fever, intense thirst and great constitutional disturbance. The skin often becomes bathed in a profuse and sour-smelling sweat, which however affords no relief. The urine is scanty, high-coloured, acid, and deposits a brick-dust sediment upon standing.

The disease rarely confines itself to the joints first attacked, but attacks fresh ones, sometimes continuing unabated in those first seized, at others shifting (often rapidly) from joint to joint, or from side to side, or even from limb to limb, leaving those first attacked quite free from pain or swelling.

It is treated homœopathically by

Aconite.—Tincture—every two, three, or four hours, according to the urgency of the case.

Dose : see page 8.

And by **Bryonia.**—Tincture—every three hours either alone, or in alternation with Acon., when that medicine seems to have exhausted its power.

Dose : see page 8.

RINGWORM.

This disease consists of minute pimples in circular or irregularly-shaped red-coloured patches, varying in size from a shilling to a crown piece, accompanied by itching which induces scratching and irritation.

It is treated homœopathically by

Sepia.—Pilules or Tincture—night and morning when the case is recent, and the eruptions not angry.

Dose : see page 8.

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By **Rhus Tox. and Sepia.**—Pilules or Tinctures—night and morning alternately, when the patches burn as if ulcerated.

Doses : see page 8.

EXTERNAL TREATMENT.

Glycerole of Sulphurous Acid (price in Great Britain 1/1½ per bottle) applied by means of a camel's hair brush two or three times daily.

ACCESSORY TREATMENT.

Strict attention to cleanliness by tenderly but efficiently washing the parts with *soap and warm water. Remove the hair by the scissors, separate the incrustations or scabs by poultices, but do not use any roughness in removing them. Improve the general health by generous diet, which should include plenty of ripe fruit and well-cooked vegetables ; pure air, and cod liver oil.

Sweets to be avoided.

SCIATICA.

Sciatica is an exceedingly distressing rheumatic or nervous pain following the course of the sciatic nerve. The pain extends from the hip, down to the back of the thigh, and often to the heel. Like other nerve pains, this indicates a low condition of health, and is effectually treated by

Phosferine (*pages* 137—140), in the same manner as Neuralgia, which consult, and the same external application as Rheumatism (*page* 73).

* Calvert's carbolic acid soap, Pears' transparent soap, or white curd soap.

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SCURF.—Dandriff.

This consists of numerous white scales on the skin —most frequently on the scalp—which accumulate and cause heat and irritation. It is due to delicacy of the skin or constitutional debility.

It is successfully treated by **Phosferine** (*pages* 137—140) night and morning.

ACCESSORY TREATMENT.

The scalp to have frequent washings with soap and warm water. The hair to be dressed with a good Hair Cream.

SEA SICKNESS.

Since the cause of this distressing suffering is in constant operation, the medicines must be taken in frequent doses during a short trip, and at the *commencement* of long passages.

It is treated homœopathically by

Nux Vomica.—Pilules—every half-hour for two or three hours *before* sailing, and **Cocculus and Petroleum** —Pilules—alternately every half-hour, or more frequently, if necessary, when sailing. To be taken at longer intervals after the first few hours.

Doses : see page 8.

For diet previous to a sea trip or long voyage, see Biliousness, *page* 19.

SKIN, Itching of the.

Itching of the skin is treated homœopathically by

Sulphur.—Pilules or Tincture—night and morning.

Dose : see page 8.

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By **Rhus Tox. and Sulphur.**—Pilules or Tinctures—night and morning alternately, when the itching is accompanied by a burning sensation.

Doses : see page 8.

SKIN AND BLOOD COMPLAINTS.

Simple skin affections spring from various causes, the most frequent being a heated or impure state of the blood.

See Pimples, pages 71, 72.

SLEEPLESSNESS.

The sleeplessness of the sick-bed will cease when the illness is cured, and therefore is not to be treated as a malady apart from the disease; but the not uncommon wearying wakefulness induced by the temporary operation of a number of individual causes connected with the moral, physical, atmospheric, dietetic, and other influences upon the system generally, calls for separate treatment, although there may not be any very perceptible derangement of health.

TREATMENT.

A dose of **Phosferine,** described upon pages 137—140, three times a day, when caused by intense or too long continued mental application, and when no precise cause can be assigned.

Sleeplessness is also treated homœopathically

By **Nux Vomica.**—Tincture—at noon and an hour before bedtime, when caused by strong coffee, weakness of the digestive powers, or abuse of alcohol, and especially when the wakefulness comes on about 2 a.m. or 3 a.m., lasts for some hours, and is then followed by heavy sleep.

Dose : see page 8.

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By **Coffea.**—Pilules—at rising in the morning and an hour before bedtime, when it is caused by exciting, agreeable events, and when the thoughts keep crowding and clinging to the brain in spite of all efforts to the contrary.

Dose : see page 8.

SLEEPLESSNESS OF INFANTS.

A dose of **Ashton & Parsons' Infants' Teething Powders** (*pages* 141—144) once or twice a day, in the wakefulness of children which frequently follows weaning.

Consult the Article upon Teething of Infants.

Parents should never allow soothing syrups, cordials, or carminatives to be given to their children. Those who are dosed with these things seldom become strong and vigorous, or reach a good age. Infants should be encouraged to sleep in the *morning*, afternoon sleep may interfere with the night sleep.

SLEEP, Disturbed by Dreams.

TREATMENT.

A dose of **Phosferine,** described upon pages 137—140, to be taken at rising and bedtime.

SORE THROAT.

See pages 29, 30.

SPASMS.

See Cramp in the Stomach, *pages* 35, 36.

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STITCH IN THE SIDE.

Stitch in the side is cramp affecting some of the muscles concerned in respiration.

It is treated homœopathically by

Bryonia and Aconite.—Pilules or Tinctures—every two or three hours alternately, for a few doses.
Doses : see page 8.

Consult also the Article Cramp in the Limbs, *page* 35.

STYE.

A Stye is a small inflamed tumour of the nature of a boil, at the very edge of the eyelid.

It is treated homœopathically by

Pulsatilla.—Pilules or Tincture—three times a day, when there is not much inflammation or pain.
Dose : see page 8.

By **Aconite and Pulsatilla.**—Pilules or Tinctures—every four hours alternately, when there is considerable inflammation and pain.
Doses : see page 8.

By **Hepar Sulph.**—Pilules or Tincture—three times a day, when suppuration takes place.
Dose : see page 8.

ACCESSORY TREATMENT.

The lids to be bathed with lukewarm water to allay or prevent irritation.

TAPE WORM.

See pages 91, 92.

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TEETHING.

SIGNS OF TEETHING.

If the baby is about to cut its teeth, some of the following symptoms will probably be present:

More restless than usual, especially at night.

Feverish or fretful.

May have constant dribbling from the mouth.

Alternate flushes of heat and paleness of the face.

The gums become hot, tender, red and swollen. There is difficulty in sucking; the child frequently takes hold of the nipple and lets go again. It has a disposition to bite at everything, and puts its fingers or whatever it can grasp into its mouth, and presses the gums upon it. Some cut their teeth with a cough and appear as if they had taken cold.

Besides the foregoing, constipation, diarrhœa, sickness, flatulence and green motions may be present.

Although a natural course, teething is often attended with more or less derangement of health that calls for medicinal help to alleviate the sufferings of the little one. They are seldom severe enough to necessitate the attendance of a doctor, but at the same time are exceedingly trying to the child, and a source of distress to the parents, who would do anything to ease baby.

These symptoms or signs especially those named in the first two paragraphs, enable the anxious mother to tell that her infant's indisposition is incidental to the natural function of teething, and this will relieve her of fears that the disturbance may be caused by something of a more serious nature. Ordinarily all she needs to do at this juncture is to administer an **Ashton & Parsons' Infants' Powder** every two or three hours, according to the requirements of the case; or, if the child is under six months, half a powder will be sufficient for a dose.

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FIRST DENTITION. (Milk Teeth—20 in number).

As a rule the teeth of the lower jaw precede those of the upper, except in the case of the Lateral Incisors.

4 Central Incisors, 2 at top and 2 at bottom, the latter appearing first, 5th to 8th month.
4 Lateral Incisors, 2 at top and 2 at bottom, 7th to 10th month.
4 First Molars, 12th to 14th month.
4 Canines (eye) 16th to 20th month.
4 Second Molars, 20th to 30th month.

SECOND DENTITION. (32 Teeth).

1st Molars, 5th to 7th year.
Central Incisors, 7th to 8th year.
Lateral Incisors, 8th to 9th year.
First Bicuspids, 9th to 10th year.
Second Bicuspids, 10th to 11th year.
Canines, 11th to 12th year.
Second Molars, 12th to 13th year.
Third Molars (Wisdom) 17th to 21st years.

Careful attention to the first set of teeth ensures a sound second set.

The time at which children commence teething varies according to their constitution, some getting their first teeth two or three weeks after birth and before their system is strong enough to sustain the change, whilst others may not cut any teeth until they are a year or more old, and even then the process of dentition is often late and irregular.

Mothers should on no account give their babies preparations of a soothing nature, most of which contain poisonous ingredients which must injure the child's constitution, and end in weakness and disease, either present or future.

Use only **Ashton & Parsons' Infants' Powders,** which are guaranteed harmless and contain nothing

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of an injurious nature, and your mind will be freed from all doubts and the health of your babe will not be interfered with.

The use of **Ashton & Parsons' Infants' Powders** may embrace a period of time from the first day or so of infant life until the age of 6 or 7 years. The most prominent uses are as follows :—

To relieve pain and soothe the child, check stomach disorders, correct the motions, relieve fever, restlessness and fretfulness, and other troubles incidental to the teething period, delayed or unduly prolonged dentition, and for Biliousness, Bile, Diarrhœa, Stomach-ache, and similar general troubles of a slight nature to which children are subject.

Dose : Under six months, half a powder, dry on the tongue every three hours ; above six months, one powder, dry on the tongue every three hours. If the child is in much pain or very restless, a few doses may be given every one or two hours ; above one year (or after the process of teething) give one powder every two hours, until improvement takes place ; above three years, give two powders every three hours.

Remember—The Powders are guaranteed to be perfectly harmless.

THE ROYAL EXAMPLE.

Ashton & Parsons' Infants' Powders have been supplied by command for use in the Royal Nurseries to

H.I.M. The Dowager Empress of Russia
H.R.H. The Princess Royal
H.R.H. The Crown Princess of Roumania
H.I.H. The Grand Duchess Olga of Russia
H.R.H. Prince Carol of Roumania
H.R.H. Princess Alexander Hohenlohe
H.R.H. Princess Elizabeth of Roumania
H.S.H. The Hereditary Princess of Leiningen
And other Royal and Imperial Personages.

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With all the resources for obtaining the best skill and advice which wealth and position can command, the statement that **Ashton & Parsons' Infants' Powders** are used in nearly every Royal Household in Europe is, in itself, an assurance of the opinion in which they are held. The Powders are specially suited for children teething, and the many little disorders associated with that function.

Mothers in every station of life most gratefully acknowledge the priceless service **Ashton & Parsons' Infants' Powders** are to them, and their warm praises are repeated by Doctors, Nurses, Clergymen, Missionaries, Dealers and responsible officials in all parts of the World.

HINTS ON MOTHERS' DIET.

The diet of the mother and her mode of life have much influence over infant health. Everything indigestible, rich, or stimulating should be avoided, especially pork, coffee, strong tea and spirituous liquors. When the supply of breast milk in deficient in quantity, or poor in quality, fish, rich in phosphorous, such as oysters, a pint of good fresh cow's milk daily, cocoa for breakfast, farinaceous food for lunch, and ten drops of **Phosferine** night and morning, will increase and improve the flow. Depressing influences, over excitement, fits of anger, overheating and fatigue, all have a prejudicial effect upon an infant's well-being.

Nursing mothers should abstain from spirits, and take a dose of 5 to 8 drops of **Phosferine** three times a day; it is pleasant to take, gives strength, creates appetite, braces the nerves, digests food and prevents mother's milk imparting wind to the child, thus ensuring the rest at night which is so essential to a mother's well-being.

BABY'S DIET AND WELFARE.

Mother's milk is the natural food for infants until

they cut their teeth. Cow's milk is the best substitute for mother's milk, if the mother cannot suckle; take care the milk is quite fresh. It is unwise to lay a baby down too soon after feeding.

For the first three months feed every three hours, and afterwards gradually increase the interval to four hours, weaning at nine months. Do not take the baby out, or exercise or move it about for at least half-an-hour after it has been fed.

Do not feed baby every time it cries, over-feeding often causes fretfulness.

Regular times should be observed in nourishing the baby, and for its sleep. Its head should be kept cool and its feet warm. In suitable weather it should be out daily in the open air. Cold night air must be avoided, and before the baby is taken out of doors every mother should see herself that it is carefully wrapped up and protected from keen winds and damp.

Some children have brain affections and rolling of the eyes. These are outside the province of domestic medicine. When such symptoms are observed, send for the doctor immediately.

SUITABLE NOURISHMENT FOR TEETHING OR NERVOUS CHILDREN.

Cut some slices of light, sweet bread, made from flour of entire wheat. Dry, till crisp, in a warm oven and pound fine in a mortar or crush on the breadboard. Rub them through a hair sieve and with the flour thus obtained, thicken boiling milk.

THRUSH—Aphthæ of the Mouth.

This common disease of infancy consists of small round, white, elevated specks or patches scattered over the tongue and lining membrane of the mouth, sometimes extending down the gullet. The mouth is

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hot, the breath disagreeable and suckling is painful. The child is fretful, restless, and cries when put to the breast. The seat and private parts become inflamed and excoriated through the acrid nature of the discharges from the bowels and bladder.

It is treated homœopathically by

***Borax and Glycerine.**

Directions:—To be painted over the tongue, gums, etc., with a camel's-hair brush, three or four times a day.

ACCESSORY TREATMENT.

Mercurius V.—Pilules—night and morning, when there is much dribbling of saliva, offensive breath and diarrhœa.

Dose: see page 8.

Sulphur.—Pilules—once a day, when the ulceration is extensive, the bowels disordered, the body covered with a rash, and the thighs excoriated.

Dose: see page 8.

Cleanliness, pure air, cleansing the feeding bottle (if one is in use) each time *before* it is given to the child, and not allowing the infant to suck improper things, will do much to prevent this disease, and to aid in its removal if it already exists.

Thrush, although a special disease of infancy, is met with in persons advanced in life, in connection with prostrating diseases. It is then of grave import.

TOOTHACHE.

Phosferine (*pages* 137—140) is a prompt and valuable remedy in this torment.

* Borax has been used for Thrush for time out of mind. It is a very appropriate remedy, and presents a striking instance of the accidental practice of Homœopathy, before the principle was known.

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Directions :—Ten drops in a wine-glassful of water, followed in half-an-hour by another dose of ten drops ; then, if necessary, a dose of five drops every two, three or four hours, as required. Afterwards, to prevent a recurrence of the pain, five drops night and morning for two or three days. Patients under 14 years, half the above doses ; under 7 years, one-fourth.

Toothache, like neuralgia, points to a low condition of health, and it is well to remember that the pain may often be excited by stomach derangements, so that attention may advantageously be given to diet, for which purpose consult the Article on Indigestion, *pages* 55—57.

Sometimes the teeth and gums are in such a bad state as to render a visit to the dentist desirable, but *extraction* is not always advisable, even in cases of considerable decay.

ULCERS.—Sores.

Ulcers and sores are treated homœopathically by **Arsenicum.**—Pilules—night and morning, when the sores have a burning sensation, or show livid, unhealthy edges.

Dose : see page 8.

EXTERNAL TREATMENT.

Apply **Hamamelis Cerate.**—(price in Great Britain 1/1½ per jar) spread upon lint, and changed night and morning.

VARICOSE VEINS.

An enlarged or distended condition of the veins, chiefly in the legs and thighs, is more common in women than in men, and often occurs during pregnancy. It also arises from, or is aggravated by, long standing and tight garters.

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Generally the limb gets weaker, tires soon, is numb, and its power of motion becomes somewhat impaired. Sometimes the veins bulge considerably at different points, and are hard and knotty. Sometimes they inflame and suppurate and form ulcers difficult to heal. Occasionally the vein suddenly gives way, and gives rise to alarming bleeding.

Varicose Veins are treated homœopathically by **Hamamelis.**—Mother Tincture—at rising, noon and bedtime.

Dose : see page 8.

EXTERNAL TREATMENT.

Hamamelis Cerate (price in Great Britain 1/1½ per jar) tenderly applied with the finger along the whole course of the swollen veins, night and morning.

ACCESSORY MEASURES.

Rest. The whole limb to be well supported with a calico or elastic bandage, or by an elastic stocking If ulcers form, the sores to be dressed night and morning with **Hamamelis Cerate,** and the whole limb bandaged.

If the vein gives way, the bleeding to be stopped by the application of a piece of linen, wetted with water, and folded upon itself several times so as to form a pad. This pad to be securely bound to the spot by a bandage. The patient to lie down and keep the limb elevated.

See Bandaging, *pages* 110—126.

Also Bleeding, *pages* 93, 94.

WARTS.

Warts are treated homœopathically by being painted night and morning with the **Strong Tincture of Thuya.**

See page 12.

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ACCESSORY TREATMENT.

When obstinate they indicate a constitutional condition which requires a course of medicine, and are then treated (in addition to the application of **Thuya**) by

Sulphur.—Pilules—every morning for a week, and **Rhus Tox.**—Pilules—every morning the next week, and so on in alternation.

Doses : see page 8.

The hands to be well washed with soap and warm water, twice or thrice a day at least, and especially before going to bed.

The nails to be kept clean and nicely trimmed.

WATERBRASH.

Waterbrash is a form of indigestion, in which there is frequent eructation or rising in the mouth of a watery, insipid, or slightly saline, or even foul-tasting fluid.

It is more common in women than in men.

It is treated homœopathically by

Pulsatilla.—Pilules or Tincture—an hour before meals

Dose : see page 8.

Consult also the Article on Indigestion, *pages* 55—57.

WEAKNESS, Lassitude and Debility.

This is treated by **Phosferine** (*pages* 137—140), which is an important nutrition remedy, and an invaluable tonic.

Directions :—Five to eight drops in a table-spoonful of cold water, at rising in the morning, half an hour before dinner, and last thing before going to bed. Patients under 14 years, half the above dose ; under seven years, one-fourth.

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Cold bathing or sponging the body with cold water is, in most cases, a valuable auxiliary, but should not be persevered with unless a warm glow is experienced after the bath.

Moderate out-door exercise is very beneficial, but it is necessary to guard against over-fatigue, or exposure to a damp atmosphere.

WETTING THE BED.

Wetting the bed in children may be due to the irritation of worms, constitutional weakness, too active brains in sensitive children, or be simply the result of habit.

TREATMENT.

A dose of **Ashton & Parsons' Worm Cure,** (price in Great Britain 1/1½ and 2/9 per bottle) night and morning, when occasioned by the irritation of worms.

Consult the Article on Worms *pages* 91, 92.

By **Phosferine.**—Night and morning, when due to weakness or an over active brain.
Dose : see Phosferine, pages 137—140.

Little liquid food to be given before going to bed. It is advisable to waken the child once or twice in the night for the purpose of emptying the bladder. When simply the result of habit, moral treatment is valuable. Chastisement is of doubtful utility.

It is treated homœopathically also by

Cina.—*Mother* Tincture—night and morning, and **Filix Mas.**—*Mother* Tincture—in the middle of the day, when occasioned by the irritation of worms.
Doses : see page 8.

By **Belladonna.**—Pilules—once or twice a day, when resulting from an over active brain.
Dose : see page 8.

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WHITLOW.—Gathering at the Finger End.

A whitlow is an extremely painful inflammatory swelling about the sides of the nails or ends of the fingers, frequently terminating in the formation of matter.

It may be caused by the pressure of the thimble in those who sew much, or by slight bruises, pricks, etc., but it often comes on without any apparent external cause.

Whitlows are treated homœopathically by

Silicea.—Pilules or Tincture—every three or four hours, when the first symptoms of heat and pain are felt, and there is a sensation as though a thorn was in the finger.

Dose : see page 8.

By **Hepar Sulph.**—Pilules or Tincture—every three or four hours, when matter has begun to form before treatment has commenced, and generally during suppuration.

Dose : see page 8.

ACCESSORY MEASURES.

In the early stage much relief will be experienced and the whitlow perhaps cured, by keeping the finger for some hours in salt and water as hot as can be borne, afterwards applying a warm poultice.

After a whitlow has come to a head—that is when matter can be felt to move at any point—it should be opened by means of a puncture with a sharp knife or lancet, and the matter let out, then washed with *warm water* and poulticed with a warm bread poultice having upon its surface a few drops of the **Tincture of Calendula** or a little **Hamamelis Cerate** (price in Great Britain, 1/1½ per jar).

See Poultices, page 104.

The hand to be kept in a sling *with the fingers up*.

See Arm Sling, page 124.

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WHOOPING COUGH.

See pages 52—55.

WORMS.

Three varieties of worms infest the human intestines.

1.—The Thread Worm (*Ascaris*) which resembles little bits of white thread, about an inch long. These inhabit the rectum in great numbers, and produce an itching, and a frequent inclination to relieve the bowels.

2.—The Round Worm (*Lumbricus*) which is like an earth worm, only white, six to twelve inches in length, and narrowing at both ends to a sharp point. It fastens itself to the intestines, and by its motion and sucking, produces painful griping about the navel. There may be only a single worm, or there may be many.

3.—The Tape Worm (*Tænia*) which is white, flat and jointed, from four to twenty feet in length. It often occasions much annoyance and is very difficult to expel in its entirety.

Although the only certain evidence of the existence of worms is seeing them, their presence may be suspected when some of the following signs are exhibited:

Grinding of the teeth, and starting in sleep, itching or irritation of the seat, screaming when awakening, paleness and emaciation, with puffiness of the face, and especially of the upper lip, dark circles round the eyes, irritation or picking of the nose, an irregular or craving appetite, with fœtid breath and foul tongue, swollen belly, with hardness at the navel, severe griping pains, or an uneasy biting or gnawing sensation in the belly, an irregular state of the bowels, sometimes associated with evacuations of blood and mucus.

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Worms, and disorders arising from worms are treated by

Ashton & Parsons' Worm Cure (price in Great Britain, 1/1½ and 2/9 per bottle) taken night and morning for a week; then wait three or four days, and if necessary, take the remedy again night and morning for a week, and so on.

Worms are treated homœopathically also by

Cina.—*Mother* Tincture—night and morning and **Filix Mas**—*Mother* Tincture—in the middle of the day.

Doses : see page 8.

ACCESSORY MEASURES.

If there be much itching or irritation at the seat, an injection of one dessert-spoonful of salt to half a pint of water may be used with advantage. Inexpensive enema apparatus for this purpose may be obtained from any chemist.

The diet to be simple and of easy digestion. The food to be well and plainly cooked, and taken at regular hours.

Cakes, pastry, fruits, sweetmeats, butter, veal, and pork to be entirely avoided, and also all food of any kind *between* the meals. Salt as a condiment should be freely taken with the food, but all salted meats are prohibited.

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ACCIDENTS AND INJURIES.

BLACK EYES.

These are treated by being painted as soon as possible after the blow with

***Arnica Lotion** (*See page* 11).—The application of the lotion to be repeated every one or two hours. If applied early enough, blackness rarely ensues.

BLEEDING FROM A WOUND.

Medical attention should be immediately sought, in the meanwhile coolness, presence of mind, and *prompt action* are very important in these cases.

Bleeding can always be controlled for a time *by pressure.*

The blood may flow from a wounded *artery,* or from a wounded *vein.*

Blood from an artery is *a bright red,* and *spurts out in jets,* corresponding to the beats of the pulse.

This bleeding is the most dangerous, and not a moment ought to be lost in giving help.

First.—Elevate the bleeding part, but place the body in a lying-down position.

* When the skin is broken, or when there is a tendency to erysipelas **Hamamelis** lotion is substituted for Arnica.

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Secondly.—Apply pressure with the fingers while a *pad is being prepared.

Thirdly.—Apply a pad over the bleeding spot, place a piece of cork, wrapped in lint, on the top of the pad, and fix all firmly by a bandage or handkerchief. If this is not sufficient, apply additional pressure by the fingers, and keep the part cold by ice, snow, or a stream of cold water.

Fourthly.—If the bleeding is not checked, and be bright red and jerking, and the seat of injury be the arm or leg, grasp the limb above, and press the principal artery of the part (which can generally be felt beating on the *inside* of the limb) against the bone, or tie a handkerchief round the limb, with a smooth stone placed in it over the artery, and twist it tightly with a stick. The pad and bandage already placed over the bleeding spot to remain as an additional safeguard.

Blood from a *vein* is *bluish* and *dark*, and flows in a *continuous* stream. This bleeding is not generally dangerous, and in ordinary cases can easily be stopped by the pressure of a pad. The patient should lie down and keep the limb elevated. In bleeding from a vein no pressure must be made *above* the wound, as it will greatly increase the bleeding.

BRUISES, BLOWS, &c.

Bruises, blows from stones and other blunt substances, are treated homœopathically by the application of

* A pad should be about an inch thick, and is made of several round pieces of lint or rag, each piece being somewhat smaller than the others. The smallest piece is to be placed over the wound, from which the blood has been carefully wiped, and the rest in order of size.

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***Arnica Lotion** (*see page* 11).—Directions.—The part to be dressed with lint or linen rags, kept moistened with the lotion, and covered with oiled silk. This dressing to be *lightly* secured in its position by a bandage.

BURNS AND SCALDS.

A great thing in these accidents is to avoid exposure to the air. The remedy should therefore, be applied with the least possible delay. Great care and gentleness are to be exercised in removing articles of clothing, etc., so as to avoid bringing away the skin. Avoid in all cases the application of cold water. Unbroken blisters should be left unbroken. In dressing the injury, care is to be taken to keep the muscles and sinews fully extended, in order to prevent contraction.

These accidents are most successfully treated by

Carron Oil (equal parts of Lime-water and Linseed Oil).—Directions.—Thoroughly saturate a piece of lint, linen, or cotton wool with the preparation. Completely cover this with oiled silk, gutta-percha tissue, or tinfoil, to thoroughly exclude the air, and lightly bandage over.

See Bandaging, pages 110—126.

Frequently it is not necessary to remove this first dressing until a cure is effected. More of the Carron Oil or fresh dressings may be put over the old one. If the first dressing has to be removed it must be done as gently and as quickly as possible, and before a fire or in a warm atmosphere, because exposure greatly retards the cure.

* When the skin is lacerated, or when there is a tendency to Erysipelas, **Hamamelis Cerate** (price in Great Britain 1/1½ per jar) is substituted for Arnica.

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Carron Oil should be kept in every house, ready in case of Accidents.

If Carron Oil is not at hand, adopt the following treatment :—

1.—Cover the injury with fine cotton wool, either alone or saturated with olive oil.

or

2.—Apply soap moistened with water, and spread as thick as a shilling on linen ;

or

3.—Spread flour thickly over the injury, so as to form a crust ;

or

4.—Pour treacle over the part.

ACCESSORY TREATMENT.

Aconite.—Pilules or Tincture—every three hours, when febrile symptoms occur. These may be present even in comparatively slight cases.

Dose : see page 8.

Severe cases of burns and scalds will of course always receive the personal attention of a medical man as soon as it can be obtained.

CATS AND DOGS, Bites of.

Bites of cats and dogs (unless the animal is known to be mad) are treated homœopathically by

Hamamelis Cerate (price in Great Britain 1/1½ per jar) or **Ledum Lotion** (Tincture of Ledum one teaspoonful, water two table-spoonfuls).

Directions.—Wash the part thoroughly with warm water, and dress the bite with Hamamelis Cerate spread on lint or dress with lint covered with oiled silk, and keep constantly wet with the lotion.

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ACCESSORY TREATMENT

A bread poultice (*page* 104) with 10 drops of **Tincture of Arnica** or a little **Hamamelis Cerate** upon its surface, when the wound looks angry and inflamed.

CUTS, WOUNDS.

Slight cuts are treated homœopathically by having their edges brought together by means of strips of **Court Plaister** placed across the cut.

More severe cases are treated by

Calendula Lotion (Tincture of Calendula one teaspoonful, water two table-spoonfuls), or **Hamamelis Cerate**, price in Great Britain 1/1½ per jar).

Directions.—

1.—Wash the wound, and carefully examine it for oreign bodies, such as glass, etc.

2.—Arrest the bleeding, *see pages* 93, 94.

3.—Bring the edges of the wound close together in a natural position by means of strips of plaister placed crossways, with one or two little spaces left, by which fluids may ooze out, or if the wound gapes much, by a few stitches with a fine needle and thread (silk) passed through the sides and tied in a knot.

4.—Apply the cerate or lotion on lint, cover with oiled silk and bandage over; *see Bandaging, pages* 110—126. This dressing must be carefully attended to, and not allowed to get dry. Fresh cerate or lotion to be applied as often as necessary.

RAGGED WOUNDS.

Ragged Wounds are treated homœopathically by **Calendula Lotion** (Tincture of Calendula one teaspoonful, water two table-spoonfuls) or **Hamamelis Cerate** (price in Great Britain 1/1½ per jar).

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Directions.—

1.—Carefully wash the part and free it from all dirt.

2.—Apply the cerate or lotion upon lint, cover with oiled silk and bandage over. *See Bandaging, pages* 110—126. Apply fresh cerate or lotion from time to time, and be careful not to let the dressing become dry.

STABS OR PIERCED WOUNDS.

These are often dangerous, and if of any depth or in the neighbourhood of a vital part, demand prompt professional assistance.

Slight cases are treated homœopathically by

Calendula Lotion (Tincture of Calendula one teaspoonful, water two table-spoonfuls), or **Hamamelis Cerate** (price in Great Britain 1/1½ per jar) when they have been caused by a sharp, clean-cutting instrument, and by

***Arnica Lotion** or **Hamamelis Cerate.**—When caused by a blunt or rusty article, the wound in this case to be previously poulticed with a bread poultice. *See page* 104.

The injury to be dressed with lint kept constantly wet with the lotion, or Hamamelis Cerate covered with oiled silk and bandaged over. *See Bandaging, pages* 110—126.

EAR, Foreign Bodies in the.

Insects sometimes get into the ear and cause acute pain. The best remedy is to drop a few drops of *warm* sweet oil into the ear, or, if this is not at hand, to gently syringe the ear with tepid water.

* **Hamamelis Lotion**—(tincture of Hamamelis, one teaspoonful, Water, two table-spoonfuls)—is used when there is much bleeding.

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Occasionally an excessive accumulation of hardened wax gives rise to considerable annoyance. In this case the ear is to be gently syringed with soap and warm water, and the hardened wax, when softened, carefully removed.

Children sometimes push pieces of slate pencil, peas, etc., into the ear. No attempt to remove these, beyond gently syringing, should be made by any one but a surgeon. The drum of the ear, a very thin, delicate, membrane, resembling a piece of tissue paper, is placed at the inner end of the canal leading to the inside of the ear. This canal is only about an inch and a quarter long. A very little, even the concussion from the discharge of firearms, or a blow with the open hand, is sufficient to rupture and destroy the drum. It should be remembered that peas, beans, and other porous substances swell, and are rendered perhaps more difficult of removal after the use of the syringe.

EYE, Dirt, etc., in the.

Specially avoid rubbing the eye, as this sets up inflammation, and may otherwise injure the eyeball.

Foreign substances in the eye may generally be easily removed by one or other of the following plans.

1.—Pull the upper lid forward and over the lower one, and at the same time blow the nose violently two or three times. Repeat this twice or thrice.

or,

2.—Be seated in a chair, and if the substance is in the upper lid, get a dexterous friend to remove it in the following manner. Let him stand behind the chair, and place a pencil or penholder over the lid. Then let him lay hold of the eye-lashes, and turn the lid back upon the pencil. The substance when

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seen can be brushed off with the corner of a handkerchief, a camel's hair brush, or a bristle out of a broom, the two ends being held by the finger and thumb. The inside of the lower lid is easily exposed by pressing it downwards with a pencil or penholder.

ACCESSORY TREATMENT.

Arnica Eye Lotion.—(Tincture of Arnica five drops, water three table-spoonfuls).—Apply two or three times a day, when the eye-ball continues tender; and

Aconite.—Pilules or Tincture—every two or three hours, when there is inflammation.

Dose: see page 8.

GRAZE.—Abrasion.

These slight accidents sometimes occasion considerable annoyance. They are treated homœopathically by

Hamamelis Cerate.—(price in Great Britain 1/1½ per jar).

Directions.—The part to be thoroughly cleansed from foreign substances by washing with water and a clean soft sponge before the cerate is applied. Then to be kept covered with lint or linen to protect it from any external inpurities.

INSECTS, Bites and Stings of.

Bites and stings of insects, such as gnats, wasps, bees, mosquitoes, bugs, spiders, etc., are treated homœopathically by being painted as soon as possible with the *pure undiluted*

Tincture of Ledum—*page 11*, or applying **Hamamelis Cerate** (price in Great Britain 1/1½ per jar).

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ACCESSORY TREATMENT.

One drop of **Ledum**—Tincture 3x potency—in a table-spoonful of water every one and a half or two hours, when the pain is very acute or the bites troublesome.

NAILS, Injuries to the.

Bruises, jams, and similar injuries to the nails cause excruciating pain. They are treated homœopathically by

Arnica Lotion *page* 11, or **Hamamelis Cerate** (price in Great Britain 1/1½ per jar).

Directions.—The nail to be dressed with lint or linen rags spread with the cerate or kept constantly wet with the lotion and covered with oiled silk. This dressing to be lightly secured in its position by a bandage (*page* 116). The hand to be kept in a sling (*page* 124), *with the fingers raised.*

NOSE, Bleeding from the.

Bleeding from the nose is often a salutary effort of nature, and need not be interfered with unless it becomes excessive. In such cases the patient should be kept upright, and have cold water, ice, or a cold key applied to the back, neck, and forehead. The arms should be raised at full length above the head, and be kept there as long as possible.

ACCESSORY TREATMENT.

Hamamelis.—*Mother* Tincture—every ten minutes for a few doses (*dose : see page* 8), followed by

Phosferine.—Every three hours, in 8 drop doses, when much blood has been lost.

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SCRATCHES.

Scratches by rusty nails, pins, etc., are treated homœopathically by the application of

Calendula Lotion (Tincture of Calendula one teaspoonful, water two table-spoonfuls) or **Hamamelis Cerate** (price in Great Britain 1/1½ per jar).

Directions.—Bathe the part well with warm water, afterwards apply the Lotion or Cerate, upon lint, cover with oiled silk, and lightly bandage over. *See Bandaging, pages* 110—126. If the scratch looks angry and inflamed, apply a bread poultice, *page* 104, having upon its surface 20 drops of the undiluted tincture of Calendula, or a little Cerate.

Scratches by the finger nails, when there is an appearance of festering, are treated in the same manner.

SPRAIN, STRAIN, OR RICK.

A sprain or strain is a violent stretching or rupturing of the ligaments or tendons of a joint. This produces instant severe pain, often attended with faintness. The part becomes swollen, perhaps black and blue, and there is subsequent weakness and stiffness of the joint.

These accidents are treated homœopathically by the application of

Arnica Lotion.—*Page* 11.

Directions.—Foment the part for an hour or an hour and a half with water as hot as can be borne with comfort, then apply the Arnica upon lint or linen rags, cover with oiled silk, and lightly bandage over. Apply fresh lotion from time to time as the lint becomes dry. Continue in this way for two or three

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days, or until the part can be moved without much pain, then support the part by means of a firm bandage. This bandage to be moistened occasionally with the lotion, and covered with oiled silk to prevent evaporation. Perfect rest with the limb raised is absolutely necessary in these accidents. For several weeks the greatest care must be exercised in using the limb.

See Bandaging, pages 110—126.

When the injured part is slow in recovering its powers, and there is a tendency to fits of inflammation, it has the same homœopathic treatment as Rheumatism

THORN, SPLINTER, BROKEN NEEDLE, &c., in flesh.

These should always be extracted as soon as possible either with the fingers or forceps, even although, as is sometimes the case, the flesh may have to be cut into a little, with a sharp pen-knife or lancet to reach the offending substance.

Then poultice the part—bread poultice, *page* 104—and afterwards, if necessary, treat as described for wounds, *pages* 97, 98.

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USEFUL ACCESSORIES in the Treatment of Disease.

POULTICES.

Poultices should be large, soft, and light. They relax the skin, promote perspiration, soothe pain, encourage the formation of pus, and expedite its progress to the surface.

N.B.—Before applying a poultice it is well to smear the skin with glycerine, in order to prevent particles of bread, linseed, etc., from sticking.

BREAD POULTICE.

Put half a pint of hot water into a pint basin, add to this as much of the crumb of bread as the water will cover, then place a plate over the basin and let it remain about ten minutes; stir the bread about in the water, or, if necessary, chop it a little with the edge of the knife, and drain off the water, by holding the knife on the top of the basin, but do not press the bread, as is usually done; then take it out lightly, and spread it about one-third of an inch thick on some soft linen, and lay it upon the part.—*Abernethy.*

LINSEED MEAL POULTICE.

Scald your basin by pouring a little hot water into it, then put a small quantity of finely ground linseed meal into the basin, pour a little hot water on it, and stir it round briskly until you have well incorporated them; add a little more meal and a little more water, then stir it again. Do not let any lumps remain in the

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basin, but stir the poultice well, and do not be sparing of your trouble. If properly made, it is so well worked together that you might throw it up to the ceiling and it would come down again without falling to pieces ; it is, in fact, like a pancake. What you do next is to take as much of it out of the basin as you may require, lay it on a piece of soft linen ; let it be about a quarter of an inch thick, and so wide that it may cover the whole of the inflamed part.—*Abernethy.*

BREAD AND MUTTON SUET POULTICE.

A very admirable soft poultice for parts that are excoriated, or threaten to slough from pressure during long illness, may be made by mixing equal parts of bread crumbs and mutton suet grated very fine, with a little boiling water, and stirring them in a saucepan over the fire till they are well incorporated.—*Druitt.*

THE COLD-WATER COMPRESS.

A cold-water compress applied to the throat at night is of great assistance in simple sore throat. It may be made by wringing a strip of flannel out of cold water. After it is put round the neck it must be covered with a dry neckcloth, oiled silk, or gutta-percha tissue.

In all cases of severe or malignant sore throat, homœopathic medical assistance should be at once obtained.

BEEF TEA.

Lean gravy beef, one pound.
Cold water, one pint.
Salt, one salt-spoonful.

Cut the meat into small pieces about the size of dice, and pick out any pieces of skin, fat, etc. Put

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the meat into a jar with cover, add the water *cold* to it, put in the salt, and let it stand for an hour or two. Then place the covered jar into a saucepan partially filled with boiling water, so that the top of the jar is not reached by the water, and let it boil for three hours. Strain, skim the surface to remove all fat, and serve.

Beef Tea is always better when made some time before it is wanted, and then warmed up. When quite cold, the fat, which is often repugnant to invalids, can easily be removed.

LIEBIG'S ACID BEEF TEA.

Lean rump steak, one pound
Cold water, one pint.
Salt, one salt-spoonful.
*Diluted Muriatic acid, sixty drops.

This makes a clear and very nourishing beef tea, obtained by chemical agency instead of cooking. It is often very acceptable to the patient.

Chop the meat fine, and carefully pick out any pieces of fat, etc. Place the meat in a jar, add the *cold* water, the salt, and the acid. Let it stand for an hour, then strain through muslin without pressure, and serve.

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* **Diluted Muriatic Acid** (Acidum Hydrochloricum Dilutum P.B.) can be obtained from any chemist.

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ESSENCE OF BEEF.

Lean gravy beef, one pound.
Cold soft water, three table-spoonfuls.
Salt, half a salt-spoonful.

This makes about five or six ounces of essence of beef, containing a large quantity of nutriment. One or more tea-spoonfuls may be given frequently. It is particularly valuable in cases of extreme exhaustion.

Chop the meat as fine as mince-meat, and pick out all the pieces of fat, skin, etc. Put the meat into a mortar, pound it, add water *cold*, pound it again, and let it soak for two hours. Then put it into a covered jar, add the salt, cement the top of the jar with pudding paste, and tie a piece of cloth over the top. Place the jar in a saucepan, partially full of boiling water, so that the top of the jar is not reached by the water, and let it boil for four hours. Then pour off the essence, or strain it through a rather coarse sieve, so as to allow the *smaller particles only* of meat to pass; let it stand till cold, skim off the fat, and serve.

ARROWROOT.

Arrowroot, two tea-spoonfuls.
Cold water, two table-spoonfuls.
Boiling milk, half a pint.

Put the arrowroot into a basin, add the *cold* water, stir until it is quite smooth, and then pour on it the *boiling* milk, stirring all the time. Now transfer it to a clean saucepan, and stir over the fire for two or three minutes.

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GRUEL.

Prepared groats or fine oatmeal, one table-spoonful.
Cold water, two table-spoonfuls.
Boiling water, one pint.

Put the prepared groats or oatmeal into a basin, add the *cold* water, stir till quite smooth, and then add by degrees the boiling water, stirring all the time. Now transfer it to a clean saucepan, let it boil up again and simmer for ten minutes, keeping it well stirred all the time. Flavour to taste with salt, sugar, butter, etc. Boiling milk may be added instead of water.

PORRIDGE.

Coarse Scotch oatmeal, one tea-cupful.
Boiling water, one quart.
Salt, half a small tea-spoonful.

Boil the water, put in the salt, and while the water continues boiling, gradually sprinkle in the oatmeal with one hand, and stir continually with the other. Then boil for twenty minutes, stirring all the time. Serve on hot soup plates, with milk in a jug. Add salt, butter, or sugar to taste. This is excellent for breakfast, especially for children, who never tire of it.

MILK AND LIME WATER.

Milk, half a tumblerful.
*Lime water, a table-spoonful.

Stir together.

The stomach will often retain this compound when it ejects all other food.

---

* **Lime Water** can be obtained at any chemist's. It must be frequently prepared, as it deteriorates by keeping.

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LINSEED TEA.

Bruised Linseed, one ounce.
Sliced liquorice root, half an ounce.
Lemon, two slices.
Boiling water, one quart.

Boil the water, pour it over the linseed, liquorice, and lemon and let it stand in a covered vessel near the fire for two or three hours. When strained, it is ready for use.

BARLEY WATER.

Pearl barley, one large table-spoonful.
Boiling water, one quart.
Lemon, two slices.
Sugar, two lumps.

Wash the barley in cold water until it is free from dust, then put it into a jug, and add the lemon, sugar, and boiling water. Let it stand for two or three hours, and strain.

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STRAPPING AND BANDAGING.

By attention to the following instructions and original engravings, anyone, with a little practice, may become proficient in this useful art.

Both in strapping and bandaging, place yourself in front of the patient, not at the side of the part to be dressed. Be careful that the part is well washed and dried, *and bend the limb to the position it is to occupy when the dressing is complete.*

STRAPPING.

This consists of pieces of linen or calico spread with adhesive plaister; its main uses are to support the tissues and bring the edges of wounds together, and to support weak or swollen joints. The

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ordinary adhesive plaisters of the shops answer the purpose very well.

Strapping is prepared for application by cutting it into straps, varying in width from a quarter of an inch to one and a half to two inches, according to the nature of the part to be strapped. The narrower straps fit best over joints and irregular surfaces, and are the most suitable for bringing the edges of cuts together. The straps should always be long enough to go for some distance on each side of the wound, and in some cases, as an ulcerated leg, more than long enough to go quite round the limb. When cut to the required *width and length*, they should be wiped with a dry cloth, to remove any dust or particles of plaister that may have collected upon the surface, and then warmed by holding them to a fire, or applying the unplaistered side to a vessel containing boiling water; or, if the surface to be strapped is very irregular, the straps may be dipped for a minute or two into hot water, and after they are applied, gently dabbed with a soft cloth to remove any remaining moisture, and cause the strapping to adhere more firmly.

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To Strap a Cut or Wound.

1.—Carefully cleanse the part from all dirt with a soft sponge.

2.—Hold the edges of the wound firmly together while applying the plaister, and always affix the straps to the *lower* edge of the wound first, in order to lift it up as much as possible.

On wounds where other dressings have to be applied, two or three straps will be sufficient; but where other dressings have not to be applied, and in exposed positions (as the face), the strapping may be made to cover the wound entirely, being applied in narrow straps partially overlapping each other; and these may, if necessary, be again crossed by others.

To Strap a Limb.

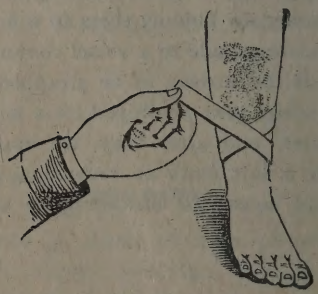

Fig. 1.

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The leg is the limb most frequently strapped for the treatment of varicose ulcers, etc. The arm may be strapped in precisely the same way.

1.—Cut strips of plaister one or two inches wide, and about twenty inches long, or half as long again as the circumference of the part to be strapped.

2.—Wipe and warm a strap, place the middle behind the limb, and bring the ends forward and upwards, thus: (Fig. 1).

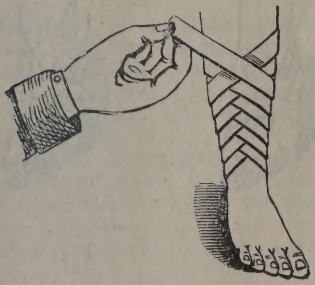

Fig. 2.

3.—Apply successive straps in the same way. Each one to overlap about half of the preceding strap, thus: (Fig. 2). The strapping should be carried from about two inches below to two or three inches above the wound. The straps should be drawn tight, but not so tight as to cause inconvenience, lest the patient should be unable to bear the pressure, and when the dressing is finished be compelled to have it all undone.

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To Strap an Ankle.

Fig. 3.

Fig. 4.

Cut straps about one inch wide, and prepare them for application as previously directed (*page* 111). Place the middle of the first strap behind the heel, and bring the ends forward until they meet on the foot between the instep and toes. A second strap is to encircle the foot and secure the first, as Fig. 3. The remaining straps are to be applied alternately from behind the heel and round the foot, each one overlapping the other for about one third of its width, until the process is completed. (Fig. 4).

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To Strap an Elbow or Knee.

The straps are to be applied in precisely the same way as upon the leg (*pages* 112, 113), and prepared for application in the same manner.

BANDAGING.

Ordinary Bandages are strips of unbleached cotton, linen, or flannel, and are usually six or eight yards long. They should be half or three-quarters of an inch wide for the fingers and toes, two or two and a half inches wide for the arms, three inches for the legs, and six inches for the body. When tightly rolled for use, these strips are termed *rollers*. Their uses are to retain dressings, splints, etc., or parts of the body in their proper positions; support the soft parts, and maintain equal pressure.

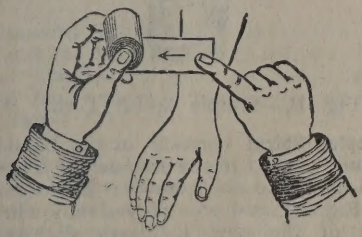

Fig. A.

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In applying a bandage, begin by placing the outer face of the roll next the skin (Fig. A), for it then unwinds more readily, and the first turns are more easily secured. Moreover, the bandage should be carried from the *inner* side of the limb *over the front* to the outer side. The bandaging will be much neater, and the muscles more firmly and pleasantly confined than by turns passing in the opposite direction. The end of a bandage may be secured by pins or a few stitches, or by splitting the bandage and tying the ends round the limb.

In applying bandages, three varieties or "turns" are employed, distinguished as "The Simple Spiral," "The Spiral Reverse," and "The Figure-of-Eight Loop."

Fig. B.—Simple Spiral Turn.

The Simple Spiral consists in the bandage being wound round the part in the manner of a screw, each turn overlapping the one below for about one-third of its width (Fig. B), and is employed only when the circumference of the part increases slightly, as the fingers, toes, and wrist.

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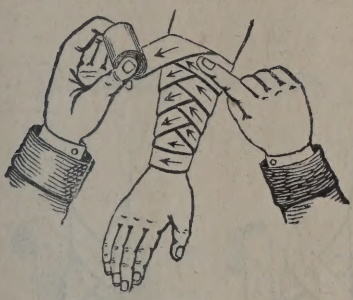

Fig. C.—Spiral Reverse Turn.

The Spiral Reverse consists in the spiral turn being folded upon itself, so as to accommodate the shape of the limb, and is employed when the limb enlarges too fast to allow a simple spiral turn to overlap the preceding one evenly.

The engraving, Fig. C, above, shows two simple spiral turns round the wrist, and four spiral reverses round the arm. This turn is more applicable to the limbs, while the figure-of-eight loop is peculiarly adapted to the joints.

The Figure-of-Eight consists, as the name implies, of loops made by passing the bandage alternately upwards and downwards as it encircles the part; and, being formed without any folds, its application where suitable is easier than the spiral reverse.

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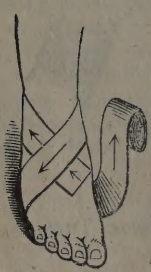

Fig. D.

One figure-of-eight turn round ankle and foot.

Fig. E.

Two figure-of-eight turns round ankle and foot.

The two engravings, Figs. D and E, above, show that this turn is made by first placing the end of the bandage upon the front of the foot. The bandage is then carried round the ankle, over and under the foot (Fig. D), again round the ankle and over and under the foot (Fig. E), and so continue until the required number of turns are made. It is adopted when the enlargement is too great for the reverse turn to lie evenly—over the knee, ankle, and elbow, for instance.

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To Bandage the Ankle.

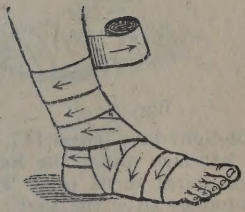

Fig. F.

It is important to fix the bandage firmly. To do this properly, the foot is to be raised to a convenient height upon a stool. Make a figure-of-eight turn (*pages* 117,118), round the ankle, bring the bandage under the foot near to the toes, make two spiral turns (*page* 116) round the foot, carry the bandage over the foot, and make three or four spiral turns round the ankle.

This bandage is exceedingly useful in sprains.

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To Bandage the Foot, Ankle, and Leg.

Fig. G.

Make a figure-of-eight turn (*pages* 117, 118) round the ankle, bring the bandage under the foot near to the toes; make three spiral turns (*page* 116) round the foot, carry the bandage over the foot; make two or three simple spiral turns round the ankle, and proceed up the calf by spiral reverse turns (*page* 117). The reverse turns should be made upon the outside of the limb, as in the Fig. G. This bandage is useful for varicose veins, varicose ulcers, etc.

To Bandage the Knee.

Make two simple spiral turns (*page* 116) round the leg above the calf, carry the bandage across the kneecap to the thigh above the knee; make a circle round the thigh, and descend over the kneecap to the leg below the knee. Continue this process until the knee is covered.

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To Bandage the Finger.

Fig. H.

Broad tape or narrow ribbon may be used in the absence of linen bandages.

Make two simple spiral turns (*page* 116) round the wrist, leaving out a loose end, bring the bandage over the back of the hand, and make spiral turns round the finger from the web to the tip, then bring the bandage back by spiral turns to the web of the finger again, cross at the back of the hand ; make two turns round the wrist, and tie (*see* Fig. H.)

The advantage of this bandage is that it leaves the front of the hand perfectly free.

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To Bandage the Ball of the Thumb.

Fig. I.

Fix the bandage round the wrist by a couple of turns from within outwards, bring it over the back of the thumb and round it, then across the back of the hand to arrive at the outer side of the wrist, under which it is to pass to form another loop round the thumb. Continue in this manner until the appearance given in Fig. I is produced. Finish by one or two spiral turns (*page* 116) round the wrist, and tie.

This bandage is called spica of thumb, and is very useful in maintaining pressure upon the ball of the thumb in cases of wounds attended with considerable bleeding. A piece of cork wrapped up in linen, or a pad made up in any other way, may be bound upon the bleeding part with advantage. *See page* 94.

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To Bandage the Hand.

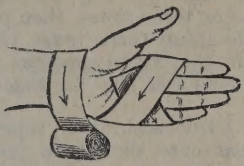

Fig. K.

Lay the bandage across the hand, pass it round the back, over the palm, and round the wrist (Fig. K). Repeat these turns as often as necessary.

A little cotton wool should be placed in the palm before applying this bandage.

To Bandage the Hand, Wrist and Arm.

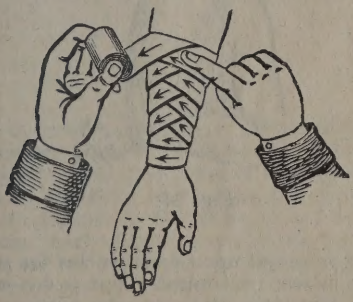

Fig. L.

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Place some cotton wool in the palm, lay the bandage across the hand, pass it round the back, over the palm, and round the wrist (*see* Fig. K, *page* 123). Repeat these turns two or three times, then proceed round the wrist by simple spiral turns (*page* 116) until the arm enlarges, when the spiral reverse turn (*page* 117) must be employed (*see* Fig. L, *page* 123).

In cases of burns and other injuries to the hand and wrist, great care should be taken to keep the parts well extended, to prevent contraction.

Handkerchief or Shawl Arm Sling.

Fig. M.

This sling is useful upon emergencies for supporting the arm when rest is required; but is not so good as the leather arm sling made for the purpose.

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To Bandage a Groin.

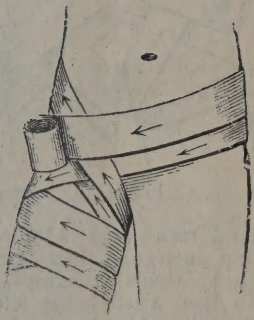

Fig. N.

Make two spiral turns (*page* 116) round the thigh of the affected part from within outwards. Carry the bandage up the groin, round the hips, over the lower part of the belly and across the bandage, then round the thigh and up the groin as before. A series of these turns, each slightly overlapping the other, are then to be carried round in the same way, until the part is covered and sufficient compression produced. (Fig. N).

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To Bandage both Groins.

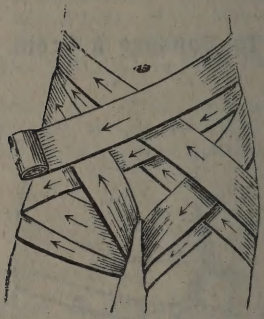

Fig. O.

Make two spiral turns (*page* 116) round the right thigh from within outwards, then carry the bandage up the right groin, around the hips, down the left groin to form a loop around the left thigh. Then carry it across the belly to the right side, and round the waist to the outer side of the right thigh. A series of these turns will effectually cover both groins. (Fig. O).

These useful bandages (N and O) are best applied while the patients stands, the operator being in front of him.

When it is desirable to apply pressure to the groin, pads of cork covered with linen, or made of other substances, are to be placed under the bandage, and kept in position by being stitched to it.

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THE PRINCIPAL REMEDIES

And the Chief Complaints in which they are homœopathically used.

(Other kinds not included can always be obtained).

ACID NITRIC.—Is prescribed homœopathically in cases of Pimples and Eruptions, Shingles, Swollen and Sore Lips, Ulceration of the Mucous Membrane of the Mouth and Throat, Chronic Inactivity of the Liver, etc.

ACID PHOSPHORIC.—Is prescribed homœopathically in cases of Nervous Debility with profuse perspiration or cold, clammy sweats, Exhaustion from Hæmorrhage, prolonged Diarrhœa, etc. Weakness during or after severe illness, Hardness of Hearing, Pneumonia with pale sunken face, Diarrhœa, Night Sweats associated with Chronic Bronchitis, etc., Nervous Involuntary Emissions of Urine, Debility from excesses.

ACONITUM N.—Is prescribed homœopathically in cases of Cold in the Head and on the Chest, Whooping Cough, Rheumatism, and in most cases of Fever and Inflammation.

ÆSCULUS HIP.—Is prescribed homœopathically in cases of Painful Piles that do not bleed, and slight cases of Fissure of the Anus. It acts chiefly upon the anus and rectum.

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ANTIMONIUM T.—Is prescribed homœopathically in cases of Difficult or Impeded Breathing, caused by an excessive accumulation of Phlegm, urgent cases of Croup, Bronchitis and Whooping Cough, Cough producing sickness, Pustular Eruptions of the Skin resembling small-pox, etc.

APIS MEL.—Is prescribed homœopathically in cases of general and local Dropsy, Erysipelas and Nettle Rash, with burning, itching, stinging, and a discharge of thin, watery fluid, retention of urine, frequent urging but inability to pass water, etc.

ARNICA MONT.—Is prescribed homœopathically internally, in cases resulting from Mechanical Injuries, Pimples and Eruptions.

ARSENICUM ALB.—Is prescribed homœopathically in cases of Cold in the Head, Influenza Cold, Asthmatic Sufferings, Inflammation of the Mucous Membrane and Eyes, Diarrhœa, Ulcerated Chilblains, etc.

BAPTISIA T.—Is prescribed homœopathically in cases of Blood Poisoning, the first stage of Typhoid and Typhus Fevers, and of all fevers attended by great debility and prostration, Typhoid Dysentery, or Diarrhœa, with dark, black, or brown, watery, murky, slimy, bloody, and particularly offensive evacuations, Chronic Sore Mouth, Offensive Ulcers, and Offensive Leucorrhœa.

BELLADONNA.—Is prescribed homœopathically in cases of Cough, Whooping Cough, Sore Throat, Scarlet Fever, Scarlet Rash, Infantile Convulsions, Congestion of the Blood to various parts, Boils, etc.

ASHTON & PARSONS call attention to the necessity of insisting on having the Genuine Medicines made by them, and refusing any inferior articles offered from interested motives.

BRYONIA ALB.—Is prescribed homœopathically in cases of Bronchitis, Cough and Cold on the Chest, Lumbago, Rheumatism, Bilious Derangements, Indigestion, Chronic Constipation, etc.

CACTUS GRAND.—Is prescribed homœopathically in cases of Organic Disease and Nervous Affections of the Heart, Acute Pains and Stitches in the Heart, Palpitation from Nervous or Organic Disease, Heart Complications in Rheumatic Fever, Rheumatism of the Heart and Chest.

CALCAREA CARB.—Is prescribed homœopathically in cases of Corns and Bunions, Slow and Difficult Dentition, soft condition and curvature of the Bones, and in Scrofulous, Tuberculous, and rickety cases generally.

CAMPHOR (Rubini).—Is prescribed homœopathically in the *commencement* of Influenza or Common Cold, Difficulty and Pain in Passing Water, Fainting Fits, Hysteric Attacks, Convulsions, Spasms, Cramps, the effects of bad smells and exposure to hot sun, Stomach-ache, Griping Diarrhœa, Cholera.

Possesses great power in stimulating the vital forces when depressed, and therefore valuable in most cases of emergency.

When it cannot be administered by the mouth, the Tincture of Camphor may be held under the patient's nose.

Camphor Pilules are the most pleasant and convenient form for internal treatment.

CANTHARIS.—Is prescribed homœopathically in cases of Inflammation of the Bladder, Urethra and Kidneys, Retention of Urine, Strangury, Burning and Scalding in passing Water, Incontinence of Urine.

ASHTON & PARSONS call attention to the necessity of insisting on having the Genuine Medicines made by them, and refusing any inferior articles offered from interested motives.

CARBO VEGETABILIS.—Is prescribed homœopathically in cases of Hoarseness, Chronic Bronchitis, Unhealthy Ulcers, Disordered Stomach and Intestines, etc.

CHAMOMILLA.—Is prescribed homœopathically in cases of Infantile Diarrhœa, and in many cases to which pregnant women, new-born infants and young children are subject, such as Difficult Dentition, with Diarrhœa, Spasms, Restlessness, Fretfulness, Disordered Stomach and Bowels.

CHINA OFF.—Is prescribed homœopathically in cases of Indigestion from Debility, Biliousness (alternately with Ignatia), Debility from the Loss of Animal Fluids, irregular, too profuse, or too long-lasting Menstruation, etc.

CIMICIFUGA R.—Is prescribed homœopathically in cases of Shifting Rheumatism, severe Muscular and Nervous Pains, delayed Menstruation, suppressed Menstruation from a cold, and at change of life.

CINA ANTHEL.—Is prescribed homœopathically in cases of Worms and cases arising from worms, such as Convulsions, Capricious Appetite or constant craving for food, Habitual Wetting of the Bed, Picking and Itching of the Nose or Anus.

COCCULUS.—Is prescribed homœopathically in cases of Sea Sickness, Nausea, or Sickness from Motion, Flatulence, Flatulent Colic, and Menstrual Colic.

COFFEA CRUD.—Is prescribed homœopathically in cases of Sleeplessness, Nervous Headache, Toothache, Nervous Excitability, Restlessness and Nervousness of Children and Females, Neuralgia of the *right* side of the Face, Acute Indigestion, Palpitation of the Heart.

ASHTON & PARSONS call attention to the necessity of insisting on having the Genuine Medicines made by them, and refusing any inferior articles offered from interested motives.

COLOCYNTH.—Is prescribed homœopathically in cases of Cramp in the Stomach, Severe Cutting and Griping Pains in the Abdomen and about the Navel; Colic with Diarrhœa, Diarrhœa with Straining, Dysentery and Protracted Diarrhœa, Neuralgia of the Left Side, Neuralgic Headache, Toothache, Sciatica.

CUPRUM MET.—Is prescribed homœopathically in cases of Cramps, Painful Griping Diarrhœa, Cramps and Vomiting in Choleraic Diarrhœa, Cholera, etc.

DIGITALIS P.—Is prescribed homœopathically in cases of Disease of the Heart, with Dizziness and tendency to Faint, Shortness of Breath on Exercise, Palpitation, Slow, Irregular and intermittent Pulse, Quickened or Feeble Action of the Heart, Dropsy Dependent on Heart Disease.

DROSERA.—Is prescribed homœopathically in cases of Whooping Cough, Spasmodic Cough, especially of children, Chronic Cough, Cough producing Retching or Actual Vomiting, and Consumptive Cough.

DULCAMARA.—Is prescribed homœopathically in cases of Hoarseness arising from damp or wet or from a chill; and in Sore Throat and Colds arising from the same causes, Mild Rheumatism, Elongated Uvula, Stiff Neck, etc.

FILIX MAS.—Is prescribed homœopathically in cases of Worms and disorders arising from Worms. Is generally recommended taken in alternation with Cina.

GELSEMINUM S.—Is prescribed homœopathically in cases of Palpitation and Excessive Action of the Heart, Infantile Remittent Fever, Weakness of Sight

ASHTON & PARSONS call attention to the necessity of insisting on having the Genuine Medicines made by them, and refusing any inferior articles offered from interested motives.

from too close study, Neuralgia with Nervous Twitchings, Frontal Headache, etc.

GLONOINE.—Is prescribed homœopathically in cases of Headache of a purely nervous character arising from overwork or noise, Apoplexy, Apopletic Headache, Sunstroke, Nervous Palpitation of the Heart induced by sudden fright, sudden Rush of Blood to the Head.

HAMAMELIS V.—Is prescribed homœopathically in cases of Bleeding Piles, and in most cases of Bleeding from the Nose, Lungs, Bowels, Uterus, Anus, also after Extraction of Teeth, etc. Varicose Veins, Ulcers, Old Sores and Broken Chilblains.

HEPAR SULPH.—Is prescribed homœopathically in cases of Hoarseness, Cough, Cough following Whooping Cough, Weak and Hoarse Voice, with Wheezing, Pimples, Eruptions and Boils, Unhealthy and Cracked Skin, Chronic Glandular Swellings, Ulcers, etc.

HYDRASTIS C.—Is prescribed homœopathically in cases of Sore Mouth, Ulcers, and Eruptions with Thick Discharge, Discharge from the Ears, Excoriations, Chafing or Rubbing of the Skin, Hardening of the Glands, Tumours of the Breast, Cancer and Cancerous Growths, Lupus, Protrusion of the Bowel, Fissure of the Anus, Ulceration of the Rectum, offensive Discharge from the Nostrils, Gleet, Gonorrhœa, Leucorrhœa.

In all these cases the internal treatment ought to be supplemented by the application of Hydrastis (Tincture or Glycerole), either as a Lotion, Gargle or Injection.

HYOSCYAMUS.—Is prescribed homœopathically in cases of Cough which comes on in fits, or at night, or

ASHTON & PARSONS call attention to the necessity of insisting on having the Genuine Medicines made by them, and refusing any inferior articles offered from interested motives

on change of temperature, or on getting up in the morning, Squinting, Twitching and Stammering of children, etc.

IGNATIA AMARA.—Is prescribed homœopathically in cases of Indigestion and Biliousness, the bad effects of Fright, Chagrin, deep-rooted, sudden or intense Emotion, especially Grief. Is seldom prescribed in chronic cases.

IPECACUANHA.—Is prescribed homœopathically in cases of Cold on the Chest, Cough and Whooping Cough, Night Asthma, Wheezing Cough with rattling of mucus in the air passages, Spasmodic Sneezing, Hay Fever, Nausea and Vomiting, Nausea during Pregnancy, etc.

KALI BICHROM.—Is prescribed homœopathically in cases of Ulcerated Sore Throat, Chronic Bronchitis, Cough, with Difficult Expectoration of Tough or Bloodstreaked Mucus, Inflammation of the Nostrils, Polypus of the Nose, Loss of Smell, etc.

LACHESIS.—Is prescribed homœopathically in cases of Nervous Affections of women at puberty or the change, Hysterical Attacks, Spasmodic or Suffocating Fits of Coughing. In some cases of Nervous Palpitation from Heart Disease, Flushes, Melancholy, Headache and Sleeplessness of a nervous origin. Diphtheria with Prostration, Poisoned Wounds and Tainted Blood arising from same.

LYCOPODIUM.—Is prescribed homœopathically in cases of Loss of Flesh without assignable cause, Early Stages of Consumption, Chronic Inflammation of the Lungs, Chronic Catarrh, with much general weakness, Waterbrash, Acidity, Heartburn, Flatulence in the Intestines, Gravel, etc.

ASHTON & PARSONS call attention to the necessity of insisting on having the Genuine Medicines made by them, and refusing any inferior articles offered from interested motives.

MERCURIUS COR.—Is precribed homœopathically in cases of Dysentery, Incessant Urging to Stool, very painful but useless Urging to Stool, Discharge of Blood and Mucus from the Bowels Discharge of Thin Watery Blood instead of Urine, with severe Burning and Shooting Pains in the Passage.

MERCURIUS SOL.—Is prescribed homœopathically in cases of affection of the Mucous Membrane, Liver Derangements, Offensive Breath. The action of this remedy is almost identical with Mercurius V.

MERCURIUS VIV.—Is prescribed homœopathically in cases of Sore Throat, and Swelling, Ulceration or Inflammation of the Mucous Membrane generally, Mumps and Glandular Swellings, Toothache from Decay, Biliousness, etc.

NUX VOMICA.—Is prescribed homœopathically in cases of Indigestion, Flatulence, Waterbrash, Morning Sickness, Sea Sickness, Spasms of the Stomach and Bowels, Constipation, Piles, Congestive Headache, Headache following Intemperance, Stomach Cough, Cold in the Head (after Acon.), etc.

PETROLEUM.—Is prescribed homœopathically in cases of Sea Sickness, and Nausea produced by motion, as riding in a train, omnibus or cab; Vomiting during Pregnancy, old, obstinate Skin Diseases.

PHOSPHORUS.—Is prescribed homœopathically in cases of severe Cough with Irritation, Burning and Soreness of the Chest, Inflammation of the Lungs, Pleuro-Pneumonia, Chronic Unhealthy Ulcers, Indolent Old Sores, etc.

ASHTON & PARSONS call attention to the necessity of insisting on having the Genuine Medicines made by them, and refusing any inferior articles offered from interested motives

PHYTOLACCA D.—Is prescribed homœopathically in cases of Boils and tendency to Boils, Gathered or Broken Breasts, Ulceration of the Throat and Mouth, Ulceration of Mucous Membrane of the Nose, Rectum and Uterus.

PODOPHYLLUM.—Is prescribed homœopathically in cases of Biliousness, Bilious Headache, Heartburn, Acid Rising, Constipation, Inaction of the Liver, Induration and Suppuration of the Glands.

PULSATILLA.—Is prescribed homœopathically in cases of Indigestion from fat food, Offensive Breath, Heartburn, Waterbrash, Biliousness, Measles, Styes; delayed, too early, too frequent, irregular, suppressed, painful or difficult Menstruation.

RHUS TOX.—Is prescribed homœopathically in cases of Pimples and Eruptions of small Blisters, Chicken-Pox, Running, Spreading Eruptions, Spreading and Corrosive Ringworm, Warts, Rheumatism, Deep-seated Sprains, Lumbago, Sciatica, etc.

SEPIA.—Is prescribed homœopathically in cases of Menstrual Irregularities (either too scanty or short lasting), Change of Life, Ringworm, Small Red Pimples, particularly affecting the joints of the elbow and knee, Small Itching Pimples. Sepia is best suited to patients of a bad, weakly habit of body.

SILICEA.—Is prescribed homœopathically in cases of Corns and Bunions, Dry, Mealy, Scaly Skin, Eruptions, moist, oozing Eruptions, forming scabs; Glandular Swellings, Decay of the Teeth, Excessive or Disagreeable Perspiring of the Hands or Feet, etc.

ASHTON & PARSONS call attention to the necessity of insisting on having the Genuine Medicines made by them, and refusing any inferior articles offered from interested motives.

SPONGIA.—Is prescribed homœopathically in cases of Dry, Rough, Hard, Tickling, Barking or Tearing Cough, Croupy Cough, Croup, Bronchitis, Hoarseness, Derbyshire Neck, Orchitis, etc.

SULPHUR.—Is prescribed homœopathically in cases of Pimples, Blotches, Itch and Itching Eruptions, Sore Eyelids, Chronic Ulcers, Constipation, Piles, also after Whooping Cough, Measles, Fevers, etc.

VERATRUM ALB.—Is prescribed homœopathically in cases of Autumnal and Painful Diarrhœa, Cholera, Colic, Cramp in the Bowels, Cramp in the Limbs—Calves especially, Coldness of the Hands, Arms, Feet and Legs.

ASHTON & PARSONS call attention to the necessity of insisting on having the Genuine Medicines made by them, and refusing any inferior articles offered from interested motives.

PHOSFERINE

THE GREAT TONIC.

PROVEN REMEDY OF USE IN CASES OF

Neuralgia	Brain-fag	Nervous Dyspepsia
Influenza	Lassitude	Maternity Weakness
Rheumatism	Palpitation	Sleeplessness
Sciatica	Anæmia	Premature Decay
Indigestion	Faintness	Lumbago
Nervous Debility	Exhaustion	Muscular Weakness
Backache	Headaches	Stomach Disorders
Neuritis	Hysteria	Neurasthenia
Malaria	Loss of Appetite	Depression of Spirits

And similar disorders consequent upon a reduced state of the Nervous System.

THE ROYAL EXAMPLE.

Phosferine is used by the Royal Families of Europe, thus assuring every user of Phosferine that this famous tonic is highly commended by the greatest living physicians.

A further mark of Royal Appreciation has again distinguished Phosferine by the bestowal of a Royal Warrant to supply Phosferine to HIS MAJESTY THE KING OF SPAIN.

Phosferine has also been supplied by Royal Commands to

The Royal Family
H.I.M. the Empress of Russia
H.M. the Late King of Greece
H.M. the Queen of Roumania
The Imperial Family of China
H.I.M. the Dowager Empress of Russia
H.I.H. the Grand Duchess Olga of Russia
H.I.H. the Grand Duchess Serge of Russia
H.R.H. the Crown Princess of Roumania
H.R.H. the Grand Duchess of Hesse

And the Principal Royalty and Aristocracy throughout the World.

Phosferine Repairs and Re-inforces the Entire Nerve System.

Prices in Great Britain:
Bottles 1/1½, 2/9 and 4/6

Sold by all Chemists, Stores, etc.

The 2/9 size contains nearly four times the 1/1½ size.

THE ORIGINAL AND ONLY GENUINE PHOSFERINE IS PREPARED BY ASHTON & PARSONS, LTD. LONDON.

Caution.—Refuse imitations with similar sounding names.

DIRECTIONS FOR TAKING

PHOSFERINE.

REGISTERED TRADE MARK.

PHOSFERINE being of a very highly concentrated nature, a few drops have more medicinal value than table-spoonfuls of some other preparations.

PHOSFERINE is a potent strengthening medicine, withal gentle in its action and perfectly harmless; it restores the digestive organs and regulates the bowels to normal action.

The public cannot be too strongly warned against the many purging medicines advertised for indigestion, etc., which are not only a fruitful source of piles, but injure the coating of the stomach and sap the very gastric juice Nature is straining herself to supply.

Unlike other tonic medicines **PHOSFERINE** does not injure the teeth or upset the stomach and cause constipation, on the contrary it will be found beneficial in these conditions.

PHOSFERINE may be taken at all times with benefit.

NEURALGIA, TOOTHACHE, SCIATICA.—Ten drops in a wineglassful of water or soda water, followed in half an hour by another dose of ten drops; then, if necessary, a dose of five drops every two, three or four hours, as required. Afterwards, to prevent a recurrence of the pain, five drops night and morning for two or three days.

INFLUENZA (as a tonic).—Five to eight drops in a little water or soda water every three hours; for the subsequent weakness and depression of spirits, the same quantity at rising, noon and bedtime.

RHEUMATISM, LUMBAGO, GOUT (as a tonic).—Five to eight drops in a table-spoonful of water or soda water at rising, noon and bedtime.

NERVOUSNESS (as a tonic).—Five drops in a table-spoonful of water or soda water at rising and bedtime.

WEAKNESS, LASSITUDE, DEBILITY.—Five to eight drops in a table-spoonful of water or soda water at rising, noon and bedtime.

IMPAIRED DIGESTION, LOSS OF APPETITE, WEAK STOMACH, ANÆMIA, IMPOVERISHED BLOOD.—Five to eight drops in a table-spoonful of water or soda water three times a day.

BRAIN-FAG, SLEEPLESSNESS.—Five to eight drops in a table-spoonful of water or soda water at rising, noon, and an hour or two before bedtime.

NERVOUS HEADACHE.—Five drops in a table-spoonful of water or soda water three times a day; afterwards a dose night and morning as a preventive.

The dose may, in all instances, be administered either before or after meals, as preferred.

Under fourteen years, half the above quantities; under seven one-fourth.

If preferred, **PHOSFERINE** may be taken—and is equally efficacious—in Whisky and Water, Port, Soda Water, Lemonade, or other Aerated Waters; a few drops in a glass of Sherry form the most delightful health-giving appetiser and digestive imaginable.

PHOSFERINE is usually given to Children in water, but many of them prefer it in Lemonade, which at once forms a delightful refreshing beverage, retaining all its medicinal virtues. Adults may take it in spirits and water with the same advantage as when taken with plain drinking water.

ROYAL MOTHERS USE

ASHTON & PARSONS' INFANTS' POWDERS

For the Little Princes and Princesses

during the time of teething and for fretfulness and the many ailments common to infancy.

The very best assurance of the real worth and efficacy of these skilfully prepared Infants' Powders is contained in the fact that they are used in the Nurseries of the British Royal Family and in the Nurseries of almost every other Royal House in Europe.

The Powders have been supplied by Command to :—

H.I.M. the Dowager Empress of Russia
H.R.H. the Princess Royal
H.R.H. the Crown Princess of Roumania
H.I.H. the Grand Duchess Olga of Russia
H.R.H. Prince Carol of Roumania
H.R.H. Princess Alexander Hohenlohe
H.R.H. Princess Elizabeth of Roumania
H.S.H. the Hereditary Princess of Leiningen

And other Royal and Imperial Personages.

With all the resources for obtaining the best skill and advice which wealth and position can command, the statement that Ashton & Parsons' Infants' Powders are used in nearly every Royal Household in Europe is, in itself, an assurance of the opinion in which they are held. The Powders are specially suited for children teething, and the many little disorders associated with that function.

Ashton & Parsons' Infants' Powders,

For Children Teething and for slight Stomachic derangements incidental to infancy.

These Powders are guaranteed to be perfectly harmless. Mothers should on no account give their babies preparations of a narcotic nature, most of which contain poisonous ingredients which must injure the child's constitution, and end in weakness and disease either present or remote.

The Ashton & Parsons' Infants' Powders are intended to ease pain and soothe the child; check stomach disorders; correct the motions; relieve fever, restlessness, fretfulness and similar troubles incidental to the teething period; and are useful in delayed or unduly prolonged dentition.

Dose : Under six months, half a Powder dry on the tongue every three hours ; above six months, one Powder dry on the tongue every three hours. If necessary a few doses may be given every one or two hours.

Mothers in every station of life most gratefully acknowledge the priceless service Ashton & Parsons' Infants' Powders are to them and their warm praises are repeated by Doctors, Nurses, Clergymen, Missionaries, Dealers and responsible officials in all parts of the World.

REMEMBER.—The Powders are guaranteed to be perfectly harmless.

Prices in Great Britain,

Boxes of 20 Powders, 1/1½ ; 60, 2/9 ; 100, 4/6

Sold by all Chemists and Dealers

CAUTION :—

Fraudulent Imitations of Ashton & Parsons' Infants' Powders are being offered to the Public. To avoid imposition see that every Box bears the name of the Genuine Makers :

ASHTON & PARSONS, Ltd., Ludgate Hill, London, England.

STARTING WITH CERTAINTY.

It is entirely wrong to suppose that teething must necessarily be attended with those distressing pangs which needlessly alarm thousands of parents. If the child is fretful, whines constantly, or cannot be pacified and often at the time there is no one to turn to for advice, and the mother is in an agony of doubt as to what is best and right to do, follow the example set by so many Royal Personages and give the Child Ashton & Parsons' Infants' Powders, relief and benefit is produced, whilst the suffering child may also be prevented from working itself into a more serious condition. In addition every mother understands what ease of mind it is to know definitely that it is **absolutely safe** to administer these Powders. Most Parents dread teething time, but Ashton & Parsons' Infants' Powders will often help make baby the jolliest, most contented and altogether delightful little morsel of humanity that the proudest and most anxious mother could desire.

WARNING.

The child's whole future depends upon its bodily well-doing during the first few months of its life and mothers should on no account give their babies preparations of a soothing nature, most of which contain poisonous ingredients. Use only Ashton & Parsons' Infants' Powders which are guaranteed harmless and contain nothing of an injurious nature, and your mind will be freed from all doubt and your babe will grow up healthy and robust.

SANACINE

A Remedy for

COUGHS	**INFLUENZA**
COLDS	**HUSKINESS**
QUINSY	**SORE THROAT**
CATARRH	**BRONCHITIS**
WHOOPING COUGH	**HOARSENESS**
RELAXED THROAT	**LOSS OF VOICE**

CLOGGED OR INFLAMED RESPIRATORY ORGANS

SANACINE clears away the congested phlegm, and speedily allays irritation and inflammation of the respiratory organs, so that, after a dose or two, breathing becomes quite easy and normal. Sanacine strengthens the lining of the throat and enables it to rapidly throw off the effects of cold.

SANACINE dispels the "stuffy" feeling experienced in head and chest and restores the sense of taste.

Influenza and other forms of cold easily yield to the vigorous curative action of Sanacine, and if a few doses are taken in the early stages the severity of an attack is often diminished and its duration greatly reduced.

SANACINE will be found particularly serviceable for public speakers, actors, singers, travellers, clergymen, etc.

SANACINE is guaranteed perfectly harmless and may be administered to children as directed.

SANACINE strengthens the Weak Spot.

How to take SANACINE.

SANACINE (Liquid) should be taken in a little water, two or three times a day, at equal intervals either before or after meals. A dose at bedtime, either in warm water or hot gruel, will be found especially beneficial. When taken in *warm* water it is advisable not to go out of doors immediately.

SANACINE (Tablets) should be slowly dissolved on the tongue until the medicated vapour has thoroughly impregnated the air passages, repeating at intervals until relief is experienced. Sanacine Tablets are pleasant to the taste, rapidly dissolve in the mouth, and may be taken alone or in conjunction with the Sanacine Liquid.

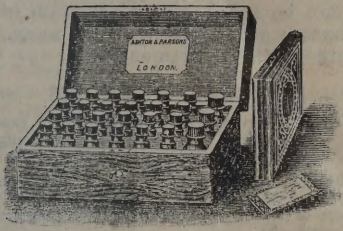
THE DOSE.

An adult	10 drops or 2 tablets
14 years	5 drops or 1 tablet
7 years	3 drops or half a tablet
3 years	2 drops

Prices in Great Britain : Liquid or Tablets, 1/1½ and 2/9
Sold by Chemists and all Dealers.

Proprietors : ASHTON & PARSONS, Ltd., Ludgate Hill, London, England.

The "SOVEREIGN" CHEST.



This is the cheapest and most popular Family Medicine Chest extant. It is a British-made solid mahogany chest, nicely polished and dove-tailed, leather lined head, lock and key. Many thousands have been sold to all grades of society at home and abroad. It contains 24 important Medicines, labelled with their proper doses for all ages, Tinctures for making lotions, Arnica, Calendula, Rhus, and Court Plaister, and is accompanied by a copy of "The Stepping-Stone to Homœopathy and Health," by Dr. Ruddock.

The entire outfit for 20/–, packed free and carriage paid to any part of the United Kingdom.

For the British Colonies and abroad, 2/6 extra for carriage.

In ordering, please state whether the Medicines are to be in the form of Pilules or Tinctures. In the absence of other directions, Pilules are always sent.

For further particulars, see next page.

The "SOVEREIGN" CHEST.

The Chest can be fitted with a selection of Remedies of the purchaser's own choosing, if left to us, we suggest the following useful assortment.

INTERNAL REMEDIES.

ACONITUM N.—Prescribed homœopathically in cases of Cold in the Head and on the Chest, Whooping Cough, Rheumatism and in most cases of Fever and Inflammation.

ANTIMONIUM T. Prescribed homœopathically in cases of Difficult or Impeded Breathing caused by an excessive accumulation of Phlegm, cases of Croup, Bronchitis and Whooping Cough, Cough producing sickness, etc.

ARNICA MONT.—Prescribed homœopathically (internally) in cases resulting from Mechanical Injuries.

ARSENICUM ALB.—Prescribed homœopathically in cases of Cold in the Head, Influenza Cold, Asthmatic Sufferings, Inflammation of the Mucous Membrane and Eyes, Diarrhœa, etc.

BELLADONNA.—Prescribed homœopathically in cases of Coughs, Whooping Cough, Sore Throat, Congestion of the Blood to various parts, Boils, etc.

BRYONIA ALB.—Prescribed homœopathically in cases of Bronchitis, Cough and Cold on the Chest, Lumbago, Rheumatism, Bilious Derangements, etc.

CHAMOMILLA.—Prescribed homœopathically in cases of Infantile Diarrhœa, and in many cases to which pregnant women, new-born infants and young children are subject, Difficult Dentition, with Diarrhœa, Spasms, Restlessness, Fretfulness, etc.

CHINA OFF.—Prescribed homœopathically in cases of Indigestion from Debility, Biliousness (alternately with Ignatia), Debility from the loss of Animal Fluids, etc.

CINA ANTHEL.—Prescribed homœopathically in cases of Worms and cases arising from worms, Habitual Wetting of the Bed, Picking and Itching of the Nose and Anus.

DROSERA.—Prescribed homœopathically in cases of Whooping Cough, Spasmodic Cough, especially of children, Chronic Cough, Cough producing Retching or Actual Vomiting.

DULCAMARA.—Prescribed homœopathically in cases of Hoarseness arising from damp or wet or from a chill; and in Sore Throat and Colds arising from the same causes, etc.

FILIX MAS.—Prescribed homœopathically in cases of Worms and Disorders arising from Worms. Is generally recommended taken in alternation with Cina.

HEPAR SULPH.—Prescribed homœopathically in cases of Hoarseness, Cough, Cough following Whooping Cough, Weak and Hoarse Voice, with Wheezing, Pimples, Eruptions and Boils, etc.

IGNATIA AMARA.—Prescribed homœopathically in cases of Indigestion and Biliousness, the bad effects of Fright, Chagrin, Grief, Hysterical Affections, etc. Is seldom prescribed in chronic cases.

IPECACUANHA.—Prescribed homœopathically in cases of Cold on the Chest, Cough and Whooping Cough, Night Asthma, Hay Fever, Nausea and Vomiting, etc.

MERCURIUS VIV.—Prescribed homœopathically in cases of Sore Throat, and Swelling, Ulceration or Inflammation of the Mucous Membrane generally, Mumps and Glandular Swellings, etc.

NUX VOMICA.—Prescribed homœopathically in cases of Indigestion, Flatulence, Waterbrash, Morning Sickness, Sea Sickness, Spasms of the Stomach and Bowels, Constipation, Piles, Congestive Headache, Headache following Intemperance, etc.

PHOSPHORUS.—Prescribed homœopathically in cases of severe Cough with Irritation, Burning and Soreness of the Chest, etc.

PODOPHYLLUM.—Prescribed homœopathically in cases of Biliousness, Bilious Headache, Heartburn, Acid Rising, Constipation, Inaction of the Liver, etc.

PULSATILLA.—Prescribed homœopathically in cases of Indigestion from fat food, Offensive Breath, Heartburn, Waterbrash, Biliousness, Measles, Styes; delayed, too early, too frequent, irregular, suppressed, painful or difficult Menstruation.

RHUS TOX.—Prescribed homœopathically in cases of Pimples, and Eruptions of small Blisters, Chicken-Pox; Running, Spreading Eruptions, Rheumatism, Lumbago, Sciatica, etc.

SPONGIA.—Prescribed homœopathically in cases of Dry, Rough, Hard, Tickling, Barking or Tearing Cough, Croupy Cough, Croup, Bronchitis, Hoarseness, etc.

SULPHUR.—Prescribed homœopathically in cases of Pimples, Blotches, Itch and Itching Eruptions, Constipation, Piles, etc.

VERATRUM ALB.—Prescribed homœopathically in cases of Autumnal and Painful Diarrhœa, Cholera, Colic, Cramp in the Bowels, Cramp in the Limbs—Calves especially.

EXTERNAL TINCTURES.

Employed in making Lotions, etc.

ARNICA (Arnica Montana).—Is prescribed homœopathically as a Lotion, etc., in cases of Injuries when the skin is unbroken:—Bruises, Contusions, Sprains, Strains, Tender Feet, Over-Fatigue, etc., and in its undiluted form to Corns and Bunions.

CALENDULA (Calendula Officinalis).—Is prescribed homœopathically as a Lotion, etc., in cases of Cuts, Torn Wounds, Abrasions, Boils and Open Sores.

RHUS TOX (Rhus Toxicodendron)—is prescribed homœopathically as a Lotion, etc., in cases of Deep-seated Sprains, Injuries to the Tendons and Joints, Rheumatism, Lumbago, Sciatica, etc.

INDEX.

	PAGE
Abdomen, Cutting and Griping Pains in	131
Abrasion of the skin	43, 100
Abscesses	13
Abscess in the Gum (Gumboil)	47
Accidents and Injuries	93
Acid, Nitric	127
„ Phosphoric	127
Acidity	13
Acne (see Pimples)	71
Aconite	127
Æsculus Hip.	127
Ague	14
Anæmia	15
Ankle, How to Bandage	119
„ „ Strap	114
Antimonium Tart	128
Anus, Fissure of	127, 132
„ Itching of, from Worms	91, 130
Aphthæ of the Mouth (Thrush)	84
Apis	128
Appetite, Capricious (from Worms)	91, 130
„ Loss of	16
Arm, How to Bandage	123
Arm Sling	124
Arms, Coldness of	136
Arnica	128
„ External Tincture of	11
„ Eye Lotion	100
„ Lotion	11
Arrowroot	107
Arsenicum	128
Asthma	17
Asthma, Hay	48
„ Night	133
Asthmatic Sufferings	128
Baldness	18
Bandaging	115
Baptisia T	128

	PAGE
Barley Water	109
Baths	6
Bed Sores	18
Beef, Essence of	107
Beef Tea	105
,, Liebig's Acid	106
Belladonna	128
Bile	19
Biliousness	19
Bites of Cats and Dogs	96
,, Insects	100
Black Eyes	93
Bleeding after Extraction of Teeth	132
Bleeding from Artery	93
,, Nose	101
,, Vein	94
,, Wound	93
Blistered Feet	45
,, Hands	45
Bloodshot Eyes	44
Blotches	71
Blows	94
Boils	20
Bones, Curvature of	129
,, Soft Condition of	129
Bowels, Costive	30
,, Looseness of	39
Brain-fag	21
Bread Poultice	104
Bread and Mutton Suet Poultice	105
Breasts, Gathered or Broken	135
Breath, Offensive	22
,, Shortness of	131
Breathing, Difficult or Impeded	128
Bronchitis	23
Bruises, Blows, etc.	94
Bryonia	129
Bunions	33
Burns and Scalds	95
Cactus G.	129
Calcarea Carb.	129
Calendula, External Tincture of	11
,, Lotion	11
Camphor (Rubini)	129
Cantharis	129
Carbo Veg.	130
Cat, Bite of	96
Catarrh, Chronic	133
Chagrin	133
Chamomilla	130
Change of Life	24
Chapped Hands	24

	PAGE
Chest, Cold on	28
Chest, The "Sovereign" Medicine	147
Chicken Pox	25
Chilblains	25
China	130
Cimicifuga	130
Cina	130
Clergyman's Sore Throat	26
Cocculus	130
Coffea	130
Cold Water Compress	105
Coldness of the Extremities	136
Cold in the Head	27
„ Influenza	128, 129
„ on the Chest	28
Colds	27
Colic	131, 136
„ Flatulent	130
„ Menstrual	130
Colocynth	131
Compress, Cold-Water	105
Congestion	128
Constipation	29
Contagious and Eruptive Diseases	6
Convulsions, Infantile	31
Corns	33
Costiveness	30
Coughs	33
Cramp in the Limbs	35
„ „ Stomach	35
Crick in the Neck	37
Croup	128, 136
Cuprum Met	131
Cuts, Wounds	97
„ How to Strap	112
Dandriff	76
Deafness	37
Debility	38
Depression of Spirits	38
Derbyshire Neck	136
Diarrhœa	39
Digitalis	131
Dirt in the Eye	99
Dog, Bite of	96
Dose, How to administer	7
Doses, Average scale of	8
Dreams	78
Dropsy	128, 131
Drosera	131
Dulcamara	131
Dyspepsia (See Indigestion.)	55
Dyspepsia, Nervous	66

	PAGE
Ear, Discharge from	41, 132
Ear, Foreign Bodies in	98
Ear-ache	41
Eczema	42
Elbow, How to Strap	115
Emotion	133
Eruptions	127, 128, 132, 135, 136
Erysipelas	128
Essence of Beef	107
Excitability, Nervous	130
Excoriation	43, 132
External Tinctures	11
Eye, Black	98
„ Bloodshot	44
„ Foreign Bodies in	98
„ Inflammation of	128
Eyelids, Inflamed (see Stye)	79
„ Sore	136
Fainting Fits	129
Fatigue, Bodily	45
„ Mental	45
Feet, Blistered	45
„ Offensive Sweating of	45
„ Tender	46
Fever, Feverishness	46, 127
Figure-of-Eight Turn	117
Filix	131
Finger, Gathering of	90
„ How to Bandage	121
Flatulence	46
Flesh, Loss of	133
Food, Craving for, from Worms	91, 130
Foot, How to Bandage	120
Fright	47
Gathering of Finger	90
Gelseminum	131
Glands, Induration and Suppuration of	135
Glandular Swellings	132, 134, 135
Glonoine	132
Gravel	133
Graze	100
Grief	47
Groin, How to Bandage	125
Groins, (both) How to Bandage	126
Gruel	108
Gum, Abscess in	47
Gumboil	47
Hæmorrhoids	69
Hahnemann	3

	PAGE
Hamamelis	132
,, External Tincture of	11
,, Lotion	11
Hands, Blistered	45
,, Chapped	24
,, Coldness of	136
,, How to Bandage	123
Hay Asthma	48
,, Fever	48
Head, Cold in	27
Headaches	49, 132
Hearing, Dulness of	37
Heartburn	50
Hepar Sulph	132
Hiccough	51
Hiccup	51
Hoarseness	52
Homœopathy, Advantages of	2
,, Explained	3
Hooping Cough	52
Hydrastis C.	132
Hyoscyamus	132
Ignatia	133
Indigestion	55
Infantile Convulsions	31
Infants' Powders	141
,, Teething of	80
Inflammation	127
Influenza	57
,, Cold	128, 129
Injuries, Mechanical	128
Insects, Bites and Stings of	100
,, in the Ear	98
Intestines, Disordered	130
Ipecacuanha	133
Itching Eruptions	136
,, of the Skin	76
Kali Bich.	133
Kidney and Urinary Disorders	58
Knee, How to Bandage	120
,, ,, Strap	115
Lachesis	133
Lassitude	88
Ledum, External Tincture of	11
Ledum Lotion	11
Leg, How to Bandage	120
Leg, how to strap	113
Legs, Coldness of	136
Leucorrhœa, Offensive	128
Leibig's Acid Beef Tea	106
Life, Change of	24

	PAGE
Limb, How to Strap	112
Limbs, Cramp in	35
Lime Water and Milk	108
Linseed Meal Poultice	104
„ Tea	109
Lips, Swollen and Sore	127
Liver Disorders (See Biliousness.)	19
Liver, Inactivity of	127, 135
Lotions	11
Lumbago	59
Lycopodium	133
Malaria	14
Maternity Weakness	59
Matricaria Infants' Powders	141
Measles	60
Medicine Chest, The "Sovereign"	147
Medicines, Forms in which prepared	9, 10, 11
„ Genuine	2
Menstrual Troubles	62
Menstruation, Irregularities of	62
Mental Fatigue	45
Mercurius Cor.	134
„ Sol	134
„ Viv.	134
Milk and Lime Water	108
Milk Crust	63
Morning Sickness	63
Mouth, Apthæ of (Thrush)	84
„ Chronic Sore	128
„ Ulcerated	127, 135
Mucous Membrane, Inflammation of	128, 134
„ „ Swelling of	134
„ „ Ulceration of	134, 135
Mucus, Blood Streaked	133
Mumps	64
Muscular Pains	130
Nails, Injuries to	101
Nausea	133
„ during Pregnancy	134
„ from Motion	134
Neck, Crick in	37
„ Stiff	37
Needle Broken in Flesh	103
Nerve Pains	66
Nervous Excitability	130
„ Weakness	65
Nervousness	65
Nervous Dyspepsia	65
Nettle Rash	66
Neuralgia	66
Neurasthenia	67

	PAGE
Neuritis	68
Nose, Bleeding from	101
,, Picking and Itching of (See also Worms.)	130
,, Polypus of	133
Nostrils, Inflammation of	133
Nux Vomica	134
Offensive Breath	22
,, Sweating of the Feet	45
Opening Medicines, Harm of	30
Pad, to Arrest Bleeding	94
Pains, Muscular	130
Pains, Nerve	66
Palpitation of the Heart	129, 131, 132
Petroleum	134
Phlegm, Accumulation of	128
Phosferine	137
Phosphorus	134
Phytolacca	135
Piles	69
Pilules	7, 9
Pimples	71
Podophyllum	135
Polypus of the Nose	133
Porridge	108
Poultices	104
,, Bread	104
,, ,, and Mutton Suet	105
,, Linseed Meal	104
Pregnancy, Disorders of	133, 134
Pulsatilla	135
Pulse	5
,, slow, irregular and intermittent	131
Ragged Wounds	97
Relaxed Bowels	39
Rheumatic Fever	73
Rheumatism	72
Rhus Tox.	135
,, External Tincture of	11
,, Lotion	11
Rick	102
Rickety Affections	129
Ringworm	74
Ruta, External Tincture of	12
,, Lotion	12
Sanacine	145
Scalds	95
Sciatica	75
Scratches	102
Scrofulous Affections	129

	PAGE
Scurf	76
Sea Sickness	76
Sepia	135
Shingles	127
Sickness (see Biliousness and Indigestion)	19, 55
Sickness from Motion	134
„ Morning	63
Side, Stitch in	79
Sight, Weakness of	131
Silicea	135
Simple Spiral Turn	116
Skin, Abrasion of	43
„ and Blood Complaints	77
„ Diseases, Old Obstinate	134
„ Itching of	76
„ Unhealthy and Cracked	132
Sleep, Disturbed	78
Sleeplessness	77
„ of Infants	78
Smell, Loss of	133
Sneezing	133
Sore Throat	29
„ „ Clergyman's	26
Sores	86
"Sovereign" Medicine Chest	147
Spasm in the Stomach	35, 129
Spiral Turn	116
„ Reverse Turn	117
Splinter in Flesh	103
Spongia	136
Sprain	102
Squinting	133
Stabs	98
Stammering of Children	133
Stiff Neck	37
Stings of Insects	100
Stitch in Side	79
Stomach, Cramp in	35
„ Disordered	130
„ Spasm in	35, 129
Strain	102
Strapping	110
Stye	79
Sulphur	136
Summer Catarrh	48
Swellings, Glandular	132, 134, 135

Tamus, External Tincture of	12
Tape Worm	91
Teeth, Decay of	135
Teething of Infants	80
„ Powders	141
Temperature, The	5

	PAGE
Tender Feet	46
Thermometers, Reliable	5
The "Sovereign" Medicine Chest	147
Thorn in Flesh	103
Throat, Sore	29
" Ulcerated	127, 133, 135
Thrush	84
Thuya, External Tincture of	12
Thumb (ball of), How to Bandage	122
Tinctures	7, 10
" External	11
Tongue, The	5
Toothache	85
Twitchings	132, 133
Ulcerated Throat	127, 133, 135
Ulcers	86, 132
" Offensive	128
" Unhealthy	130, 134
Urine, Burning and Scalding	129
" Incontinence of	129
" Retention of	128, 129
Uvula, Elongated	131
Varicose Veins	86
Veins, Varicose	86
Veratrum, A	136
Voice, Weak and Hoarse	132
Warts	87
Waterbrash	88
Weakness	88
" Maternity	59
Wetting the Bed	89
Wheezing	132, 133
Whitlow	90
Whooping Cough	52
Wind (Flatulence)	46
Worms	91
Wounds	97
" How to Strap	112
" Pierced	98
" Ragged	97
Wrist, How to Bandage	123

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